

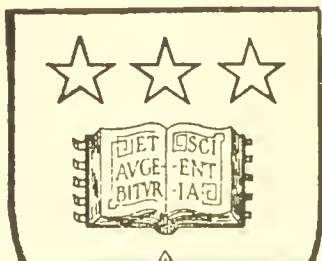
# ENGLISH

DOMESTIC

# COOKERY



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COOKERY

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1807

A E Beer

The Gift of her affections  
Father,  
Geobird

Batter Pudding

$\frac{1}{4}$  lb Flour

1 Egg  
 $\frac{1}{2}$  Teaspoonful B. Powder

$\frac{1}{2}$  pt Milk

Boil for 10 or 15 min

Salt & a little Nutmeg





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Man is a carnivorous production,  
And must have meals at least once a day :  
He cannot live, like woodcocks, upon suction ;  
But, like the shark and tiger, have his prey."

BYRON.



"Cookery in England, when well done, is superior to that of any country in the world."—UDE, *Chef de Cuisine* to Louis XVIII.



# THE ENGLISH COOKERY BOOK,

COMPRISING  
MRS. RUNDELL'S  
DOMESTIC COOKERY,  
REVISED.

With several Modern Dishes added thereto,  
CAREFULLY SELECTED AND SIMPLIFIED.

BY  
FREDERICK W. DAVIS,  
HEAD COOK OF THE FREEMASONS' TAVERN.



JOHNNY,  
RAW — AND — DRESSED.

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The real comfort of the majority of men in this country is sought at their own fireside. Hence how desirable is it to furnish every inducement to be at home, by directing all the means of our knowledge to increase Domestic Happiness.

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DARTON AND CO., HOLBORN HILL.

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## INTRODUCTION.

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INTRODUCTIONS should precede sitting down to table, and therefore we beg permission to usher in our old friend Mrs. Rundell, under the guidance of an *artiste* (as our French friends will term him) of the present day.

As our volume is intended for the million, the object we have endeavoured to attain is the production of such a Shilling's worth of information as cannot be obtained elsewhere; each, and doubtless all other, system of cookery may have some particular merit; but we do not hesitate to assert, that whatever was to be found of utility elsewhere is here consolidated.

For turning up "a dainty dish before a king" it is ac-

knowledged "they manage these things better in France," and with many of these elegant contrivances for setting out a banquet, even for small households, we are familiar—but the thing to learn is, how are they made? Our volume affords instructions for the use of families in the proper preparation of various dishes, of fish, flesh, and fowl, as well as the necessary accompaniment of the puddings and tarts. The editor has not exerted his ingenuity in devoting pages to offering proofs to his purchasers that wholesome dishes may be contrived of nettles or docks, and that pussy may be robbed with impunity by tantalising ox liver into a series of elegant deceptions; but his aim has been to furnish the women of England with an English Cookery Book, that, while it contained nothing too difficult for a female cook, should embody all that might be required for a gentlemanly repast.

In this volume every receipt of value in Mrs. RUNDALL'S DOMESTIC COOKERY will be found; obsolete or inconvenient dishes alone are expunged, and their places filled by others, choice and inexpensive.

Society in every aspect is divided into circles, and in no view is this exhibited so decidedly as in the position a philosopher-placed man in the animal kingdom, as "*a cooking animal*." The outer circle shows man in a state of nature, who eats his food raw; and we are told by Herman Melville that the Typees devour a fish in the same way as we do a radish—raw—and down it goes, bones and entrails; that, however disgusting the operation at first appeared, our traveller after a few trials positively began to relish the piscatory repast *au naturel*. The second division includes the genus *Briton*, who delights in immense joints, and those half cooked. The third and innermost circle, par excellence—the *polite* circle is that which has perfected the art, and into which circle a careful study of our labours will doubtless entitle our purchasers to be admitted.

In the hands of an expert cook, alimentary substances are made almost entirely to change their nature, their form, consistence, odour, and savour; everything is so modified that it is often impossible for the most exquisite sense of taste to recognise the substance which makes up the bases of certain dishes. The greatest utility of the kitchen consists in making the food agreeable to the sense, and rendering it easy of digestion. But its perfection seldom stops here: frequently, in our highly civilised state, the object to which it aspires is to excite the appetite and appease capricious palates, or to satisfy luxurious vanity. As we cater for the multitude, it is not in our province to say "Touch not, taste not," of any of the viands we present—each must judge for himself; but we think we are justified in asserting, that each and all are wholesome in their way.

A late celebrated physician was accustomed to tell his patients that solitary dinners ought to be avoided as much as possible, because solitude produces thought, and thought tends to the suspension of the digestive organs. And that excellent judge of human nature, Sidney Smith, says: "An excellent and well-arranged dinner is a most pleasing occurrence, and a great triumph of civilised life. It is not only the descending morsel and the enveloping sauce, but the rank, wealth, wit, and beauty which surround the meats; the learned management of light and heat; the silent and rapid services of the attendants; the smiling and sedulous host, proffering gusto and relish; the exotic bottles; the embossed plate; the pleasant remarks; the handsome dresses; the cunning artifices in fruit and farina! The hour of dinner, in short, includes every sensual and intellectual gratification which a great nation glories in producing."

As our volume is for universal use, there are necessarily some recipes of a more *recherché* character; but general simplicity has been our aim, and therefore we do not con-

sider it necessary to enter into an examination of the advantages of one process of Cookery over another, believing that our fair readers' only object, in consulting our pages, is that they may be enabled satisfactorily to produce some dishes upon which they have already decided.

In remodelling Mrs. RUNDALL's system, we have adopted the arrangement of dishes of all well-appointed dinners. The Entrées, or side-dishes, are the chief novelties; to the Soups, several of excellence are added.

For some of the more choice receipts we are indebted to "Clermont's Professed Cook," and M. Careme's Work.



A  
SYSTEM  
OF  
DOMESTIC COOKERY.

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The pleasures of the table have never been incompatible with the gifts of genius, or the investigations of the understanding. "I cannot conceive," says Dr. Johnson, "the folly of those, who, when at table, think of everything but eating. For my part, when I am there, I think of nothing else; and whosoever does not trouble himself with this important affair at dinner, or supper, will do no good at any other time."

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SOUPS, &c.

A CLEAR BROWN STOCK OR CONSOMME FOR SOUPS.

Put a knuckle of veal, a pound of lean beef, and a pound of the lean of a gammon of bacon, all sliced, into a stewpan with two or three scraped carrots, two onions, two turnips, two heads of celery sliced, and two quarts of water. Stew the meat quite tender, but do not let it brown. When thus prepared it will serve either for soup, or brown or white gravy; if for brown gravy, put some of the above colouring, and boil a few minutes.

A L'AUREORE SOUP.

This favourite Parisian soup can only be made when carrots are young. They must be scraped, cut into thin slices, and stewed in beef or veal gravy, then forced through a sieve, seasoned with salt and pepper to the taste, and warmed again for use.

There is something very ludicrous and very French in giving such a high-flown name to this simple preparation. Doubtless some *chef de cuisine*, struck by the ardent colour of the soup, compared it with the clouds which precede the appearance of the sun; and being a man of classical attainments, gave proof of his superiority by naming the dish as we have given it.

## A LA MEG MERRILIES SOUP.

This savoury and highly relishing new stew soup may be made of any or every thing known by the name of game. Take from two to four pounds of the trimmings or coarse parts of venison, shin of beef, or shanks or lean scrag of good mutton, all fresh. If game is plenty, then use no meat. Break the bones, and boil this with celery, a couple of carrots and turnips, four onions, a bunch of parsley, and a quarter of an ounce of pepper-corns, the larger portion Jamaica pepper. Strain this stock, when it has boiled for three hours. Cut down and skin a black-cock or woodcock, a pheasant, half a hare, or a rabbit, a brace of partridges or grouse, or one of each (whichever is obtained most easily), and season the pieces with mixed spices. These may be floured and browned in the frying-pan; but, as this is a process dictated by the eye as much as the palate, it is not necessary in making this soup. Put the game to the strained stock, with a dozen of small onions, a couple of heads of celery, sliced, half a dozen peeled potatoes; and, when it boils, a small white cabbage, quartered; black pepper, allspice, and salt to the taste. Let the soup simmer till the game is tender, but not overdone; and, lest it should, the vegetables may be put in half an hour before the meat.

This soup may be coloured and flavoured with red wine and two spoonfuls of mushroom catchup, and enriched with forcemeat balls.

## ALMOND SOUP.

Blanch a pound of sweet almonds and half a dozen bitter ones, bruise these in a mortar with a little orange-flower water. Reduce to powder twelve macaroons, beat up six eggs in four pints of new milk, add powdered sugar till it is sufficiently sweet. Put all these ingredients into a saucepan over a very slow fire, stirring it constantly, but do not suffer it to boil. It should be served immediately, as it loses its delicacy by being warmed up a second time.

## ASPARAGUS SOUP.

To any good and well-seasoned *consommé* you may add asparagus tops, boiled separately, and put into the tureen when you pour in the soup for serving.

## AU BOUILLI SOUP.

Cut four pounds from the centre of a brisket of beef, put it into a deep saucepan, with plenty of water, at least



two inches deep above the surface of the meat; give it a brisk boil, and take off the scum as it rises. Put in a turnip, peeled and cut in slices, a carrot scraped and sliced, a leek, an onion, and a head of celery cut up, a bundle of mixed sweet herbs in powder, and a bunch of parsley, a few grains of Cayenne pepper, and a couple of cloves; let all this simmer for four hours. Boil, in a separate saucepan, a turnip, an onion, and a carrot whole; when cooked, set them by to cool. At the expiration of the time specified take out the beef, and place it on a dish to drain; strain off the liquor into an earthen pan, and when quite cold take away the fat. Cut the whole vegetables into squares, and when the soup is required warm these up with the beef, in the strained liquor, for ten minutes. Serve with toasted bread. Place the meat upon a dish, for the convenience of carving, or cut it from the bones into properly-sized mouthfuls, and send it to table in the soup.

#### CARROT SOUP.

The liquor in which you have boiled mutton or veal, or a gravy drawn from beef bones, will make sufficient foundation for this excellent soup. Put a couple of quarts of either of these into a stewpan, then scrape six large carrots, and cut off the red portion; put that, with a head of celery and onion both cut up, into the stewpan, cover down close, and set it near the fire, or on a very slow one, for two hours and a half; if you do not find the carrots quite soft by this time give them another half hour's simmering; force the vegetables through a sieve by the aid of a wooden spoon, and if you find that the pulp mixed with the liquor is too thick for soup, add more broth; season with salt and pepper to your taste. It must be warmed up again before sending to table. Served with toasted bread.

#### CHICKEN BROTH.

If suffering from cough or pains in the chest, you cannot order anything more nourishing or likely to soothe irritation, than broth made as follows:—

Cover a fowl with cold water in a large saucepan; put in two ounces of ground rice, two ounces of pearl barley, and when the water boils add three table-spoonfuls of good Welsh honey. Let all simmer slowly for three hours, skimming often; when you find the liquor is reduced a third of its quantity, strain off the broth, and let the invalid season it with salt.



*Observation.*—The meat of the fowl, cut off and bruised in a mortar, may be added with advantage to veal broth or stock.

#### CLERMONT SOUP.

Cut a dozen silver onions into slices, and fry them gently, in fresh butter, till they are of a light brown tint; drain them well. Season as much rich veal gravy as will be sufficient to fill a tureen; when quite warm put in the onions and two table-spoonfuls of finely grated Parmesan cheese. Serve with fried bread, cut into dice.

#### COCKY-LEEKY SOUP.

Peel and cut into slices, about half an inch thick, a couple of leeks; put these and a large fowl—no matter for its youth—into three quarts of veal broth, or the same quantity of the liquor in which mutton has been boiled; throw in a tea-spoonful of salt, and half a salt-spoonful of Cayenne pepper. Boil slowly for an hour, then add two more leeks sliced as before, and simmer for forty minutes. Take out the fowl; you can either serve the soup strained or with the vegetables, according to your taste.

#### CONDE SOUP.

This soup, as its name implies, is of French origin, and it can only be made with the red haricot, so commonly used in Parisian cookery, and so seldom with us.

Soak a pint of red beans in hot water for an hour; put them into a saucepan with three small onions, a carrot in slices, a spoonful of mixed sweet herbs, a couple of cloves, and two-thirds of a tea-spoonful of salt, and one-third of Cayenne pepper; fill up with strong veal broth, and boil till the beans are quite soft; then take them out, and force them through a sieve; add them to as much of the strained liquor in which they were boiled as will nearly fill the tureen; let it go perfectly cold; skim off the fat, and serve with dice of toasted bread.

This soup, if properly made, should be of a bright red colour, very distinct from that of carrot soup.

#### GAME SOUP.

Should you prefer a tureen of soup to a *réchauffée* of any cold game in the larder, your wish can easily be gratified by having the meat cut off the bones, and both stewed in beef gravy. When you have extracted all the flavour from the game, strain the gravy, and add it to the required quantity of brown *consommé*, in which the yolks

of four eggs and a little flour has been beaten up. Whilst warming, put in a table-spoonful of mushroom catchup, a tea-spoonful of Chili vinegar, and be sure to serve it quite hot.

Partridge, pheasant, and grouse may be used together with advantage, nor is there the slightest objection to hare.

#### GIBLET SOUP.

Scald and clean three or four sets of goose or duck giblets; set them to stew, with a pound or two of gravy beef, serag of mutton, or the bone of a knuckle of veal, an ox-tail, or some shanks of mutton, with three onions, a large bunch of sweet herbs, a tea-spoonful of white pepper, and a large spoonful of salt. Put five pints of water, and simmer till the gizzards (which must be each in four pieces) are quite tender: skim nicely, and add a quarter of a pint of cream, two tea-spoonfuls of mushroom powder, and an ounce of butter mixed with a dessert-spoonful of flour. Let it boil a few minutes, and serve with the giblets. It may be seasoned, instead of cream, with two glasses of sherry or Madeira, a large spoonful of catchup, and some Cayenne. When in the tureen, add salt.

#### GRAVY SOUP.

Wash and soak a leg of beef; break the bone, and set it on the fire with a gallon of water, a large bunch of sweet herbs, two large onions sliced and fried a *fine* brown (but not burnt), two blades of mace, three cloves, twenty berries of allspice, and forty black peppers. Stew till the soup is as rich as you choose; then take out the meat, which will be fit for the servants' table with a little of the gravy. Next take off the cake of fat, which will serve for basting, or for common pic-crust. Have ready such vegetables as you choose to serve. Cut carrots, turnips, and celery small, and simmer till tender: some people do not like them to be sent to table, only the flavour of them. Boil vermicelli a quarter of an hour, and add to it a large spoonful of soy, and one of mushroom catchup. A French roll should be made hot, put into the soup till moist through, and served in the tureen.

#### GREEN PEA SOUP.

You cannot make a good-sized tureen of soup with less than a peck of peas. Half fill a large saucepan with water; as soon as it boils put in three table-spoonfuls of

salt, skim the scum off, and then put in the peas. Let them boil for five-and-twenty minutes; drain off the water. Put three quarts of broth, made from mutton or veal, but without herbs or spices, into a stewpan; add the peas to this with a dozen leaves of mint; cover down tightly, and let all stew for an hour and a quarter; season to your taste with pepper and salt, rub it through a coarse sieve with a wooden spoon, and serve it quite hot, with toasted bread cut into dice.

### HARE SOUP.

To insure a good tureen of this delicious soup, two hares are *positively* required. With this proviso it can be thus obtained:—Choose the youngest and tenderest of the two for the *bouilli*; a venerable tough old Jack makes a capital *consommé*. Let the aforesaid John be properly paunched, and cut into pieces, the head split in half. Put these into a saucepan three-fourths full of water; add to the meat a Spanish onion chopped fine, a couple of anchovies, four cloves, a blade of mace, a tea-spoonful of salt, and half that quantity of Cayenne. Set the saucepan on a slow fire, and let it simmer for at least four hours. Meantime roast the other hare in the usual manner, until it is about half done, then cut it into joints, and the meat off the thighs or haunches, in large pieces; put the head, spare bones, and stuffing of hare the second, into the saucepan containing hare the first, and let all simmer for another hour; you may then strain off the liquor. When the soup is required, put in the roast meat, with a tumbler of port wine, and warm it on a quick fire for about ten minutes.

### HESSIAN SOUP.

Wash well in luke-warm water half an ox check, with a whole tongue. Boil these in six quarts of water until the meat be tender, pour off the liquor, and when quite cold skim away the fat very carefully. Cut the meat off the bones into proper-sized pieces, and the tongue into slices, and set these by. Peel and slice half a dozen potatoes, the same number of onions, turnips, and carrots; add these with a bunch of mixed sweet herbs, a quart of split peas, and the bones, to the liquor, and let all simmer till the vegetables are reduced to a pulp, take out the bones, strain the soup through a coarse sieve, season with salt, a few grains of Cayenne pepper, and a very little mace in powder, and warm up again in a hot-water bath when the soup is required for table.

## JULIENNE SOUP.

Scrape and cut into thin slices three carrots ; peel and slice a couple of good-sized turnips ; chop up the inside leaves of four heads of celery ; peel and cut into slices a couple of onions (the Spanish or Portuguese are preferable, on account of their mildness). Put a quarter of a pound of butter into a stewpan ; when melted, add the vegetables, and stir them well over a slow fire for ten minutes ; then cover them with veal broth, quite free from fat, adding two or three lumps of sugar ; let all simmer gently for an hour ; if in that time the vegetables are not quite soft, add a cupful more of broth, and stew for twenty minutes longer. Pass this through a coarse sieve or tammy, and re-warm it for use.

During the summer you can add asparagus tops or young green peas to the soup after straining. In winter, when vegetables have a much stronger flavour, stew them first in fair water, instead of butter, or you will render the soup bitter.

## LOBSTER SOUP.

Make a *consommé* as directed for oyster soup, add to this the interior, coral, and pea of the lobster ; cut the meat of the claws and tail into small bits, about the size of dice ; strain the liquor, put in the meat, and serve quite hot. Two lobsters are necessary for an ordinary-sized tureen.

## LORRAINE SOUP.

Beat up a pound of blanched almonds in a mortar, with a small quantity of water ; add to this the yolks of four eggs boiled hard, and the white meat of a cold roast fowl. Pound these ingredients well together, seasoning with salt, mace and nutmeg to your taste. Let the above be boiled over a slow fire in three quarts of strong veal broth, perfectly free from fat. This soup is fit for table when it has become the thickness of cream.

## MACARONI SOUP.

Boil a pound of the best macaroni in a quart of good stock till quite tender ; then take out half, and put it into another stewpot. To the remainder add some more stock, and boil it till you can pulp all the macaroni through a fine sieve. Then add together the two liquors and a pint of cream boiling hot, also the macaroni that was first taken out, and half a pound of grated Parmesan

cheese ; make it hot, but do not let it boil. Serve it with the crust of a French roll cut into the size of a shilling.

### MOCK TURTLE SOUP.

Parboil, in separate saucepans of a large size, and well filled with water, half a calf's head with the skin on, and half a pig's head. Skim the water constantly in which the first is boiling. Take both out, cut the meat off in oblong squares, about an inch and a quarter long, and slice the tongues ; put the bones of both into the liquor in which the calf's head has been boiled, with a table-spoonful of sweet herbs in powder, the juice of two lemons and the peel of one chopped fine, half a dozen cloves, a table-spoonful of mushroom powder, and a shallot chopped fine ; let it all simmer slowly over the fire for a couple of hours. Make a couple of dozen savoury forcemeat balls, and boil a dozen eggs very hard. Pour the liquor through a sieve at the expiration of the two hours, and let it be quite cold before you remove the fat and seum ; the liquor ought to be in a jelly, but not too stiff a one. Put this into a stewpan, with the meat, the forcemeat balls, the yolks of the eggs, a spoonful of salt, and a third of Cayenne, with half a pint of sherry. Stew for an hour and a half, and it will be fit for table.

This preparation, both in appearance and flavour, more closely resembles real turtle than any other I have ever eaten.

### MRS. RUNDALL'S WHITE SOUP.

Take a serag of mutton, a knuckle of veal, after cutting off as much meat as will make collops, two or three shank-bones of mutton nicely cleaned, and a quarter of a pound of very fine undressed lean gammon of bacon, with a bunch of sweet herbs, a piece of fresh lemon-peel, two or three onions, three blades of mace, and a dessert-spoonful of white pepper ; boil all in three quarts of water, till the meat falls quite to pieces. Next day take off the fat, clear the jelly from the sediment, and put it into a saucepan of the nicest tin. If macaroni is used, it should be added soon enough to get perfectly tender, after soaking in cold water. Vermicelli may be added after the thickening, as it requires less time to do. Have ready the thickening, which is to be made as follows :—Blanch a quarter of a pound of sweet almonds, and beat them to a paste in a marble mortar, with a spoonful of water to prevent their oiling ; mince a large slice of dressed veal or chicken, and beat with it a piece of stale white bread ; add all this to a



pint of thick cream, a bit of fresh lemon-peel, and a blade of mace, in the finest powder. Boil it a few minutes ; add to it a pint of soup, and strain and pulp it through a coarse sieve : this thickening is then fit for putting to the rest, which should boil for half an hour afterwards.

#### MRS. LISTER'S SOUP.

Line the bottom of a stewpan, that will hold five pints, with an ounce of lean bacon or ham, a pound and a half of lean gravy beef, a cow-heel, the inner rind of a carrot, a sprig of lemon thyme, also of winter-savory, some parsley, a few leaves of sweet basil, and two shallots ; put in also a large onion, with four cloves stuck in it, eighteen corns of allspice, the same of black pepper ; pour on these a quarter of a pint of cold water ; cover the stewpan, and set it on a slow fire to boil gently for a quarter of an hour ; then take off the cover, and watch it that the meat may not burn ; when it has got a good brown colour fill up the stewpan with boiling water, and let it simmer very gently for two hours ; if you wish to have the full benefit of the meat only stew it till it is just tender ; cut it into small pieces, and put it into the soup. To thicken, take two table-spoonfuls of flour, and then simmer gently for half an hour longer ; cut the cow-heel into pieces about an inch square ; then add the juice of a lemon, a table-spoonful of mushroom catchup, a tea-spoonful of salt, half a tea-spoonful of ground black pepper, a little grated nutmeg, and a glass of Madeira or sherry wine, and then simmer for five minutes longer. The entire cost of two quarts of this soup will not exceed 3s.

#### MULLAGATAWNY SOUP.

Parboil, in two quarts of water, a couple of fowls or rabbits, cut the meat off the bones, put these and the livers into the water ; add a couple of shallots chopped fine, two tea-spoonfuls of powdered mace and salt, and a salt-spoonful of Cayenne pepper ; let the bones, &c., boil for an hour and a quarter over a slow fire. Cut four moderate-sized onions into thin slices, and fry them with the meat in fresh butter till they are properly browned. When the broth has been on the time directed, skim it carefully, strain it through a fine sieve, and put in the meat and onion, and let all simmer for five-and-twenty minutes ; rub together a table-spoonful of fine flour, and an equal quantity of curry powder, stir these by degrees, and after ten minutes' more slow simmering the soup will

be ready for table. Boiled rice is sometimes added, but that renders the dish more like a stew than a soup.

### MUTTON BROTH.

Soak a neck of mutton in water for an hour; cut off the scrag, and put it into a stewpot with two quarts of water. As soon as it boils skim it well, and then simmer it an hour and a half: then take the best end of the mutton, cut it into pieces (two bones in each), take some of the fat off, and put as many as you think proper: skim the moment the fresh meat boils up, and every quarter of an hour afterwards. Have ready four or five carrots, the same number of turnips, and three onions, all cut, but not small, and put them in soon enough to get quite tender: add four large spoonfuls of Scotch barley, first wetted with cold water. The meat should stew three hours. Salt to taste, and serve all together. Twenty minutes before serving put in some chopped parsley. It is an excellent winter dish.

### ONION SOUP.

The proportions for making this soup are as follow:—To a quart of beef gravy add one large onion that has been previously boiled in three waters and then finely chopped; season with Cayenne and salt, put in the vegetables, let all simmer for an hour, strain before serving.

It is a well-known fact, that persons who have somewhat exceeded in their potations on the previous day have found no better restorative from the effects of a late sitting than a basin of onion soup, followed by a small morsel of broiled or roast meat, abstaining from malt liquor or wine, and drinking instead a moderate quantity of weak brandy and water.

### OX-CHEEK SOUP.

Soak, in cold water for two hours, an ox cheek, then wash it well in warm water. Put it into a large saucepan with enough cold water to cover it, boil it up and skim constantly; when the scum ceases to rise, add to the meat a bunch of parsley, a bundle of mixed sweet herbs, two carrots scraped and sliced, a large onion chopped fine, and the inner leaves of two heads of celery. Cover the saucepan close, and let the contents stew gently for three hours. You must now take out the cheek, and when it is quite cold cut off the meat into proper-sized bits, strain the soup whilst the meat is cooling, add salt and pepper



to your taste, and put it by in a flat earthen pan. Next day skim off any fat or seum from it, and when required for table warm up the meat for about five minutes, and serve with toasted bread cut into dice.

This is one of the most economical soups that can be made, and yet quite fit for any gentleman's table, except when he pleases to give "*un diner de prétention*," as our French neighbours call a first-rate banquet.

### OX-TAIL SOUP.

For a moderate-sized tureen a couple of tails will suffice; but if you are about to entertain, let me recommend the same number to be used as, we were taught in the nursery, were carried before the terrific Blue Beard. Joint them, and soak in lukewarm water. Chop up a couple of Spanish onions; put these in a stewpan, with half a drachm of Cayenne pepper and the same quantity of allspice; add the tails, and pour in *cold* water till you have covered the meat, skim constantly as the water boils; when the seum has ceased to rise, cover the stewpan close, and simmer for two hours. Strain the liquor through a sieve, add two table-spoonfuls of mushroom catchup, a couple of glasses of sherry, season with salt to your taste, return the meat to the soup, warm up all together, and serve with toasted bread.

### OYSTER SOUP.

Get four pounds of skate, boil it down over a slow fire, with abundance of water, till you have the quantity you require to fill a tureen. When you have made this *consommé*, add salt, spice, &c., to your taste, and twenty minutes before serving throw in three dozen oysters, with their liquor strained as before directed.

### PEAS (WINTER) SOUP.

Into three quarts of the liquor in which you have boiled pork, beef, or mutton, put a quart of split peas, two heads of celery, two onions in slices, and a table-spoonful of mixed sweet herbs; let it simmer slowly for three hours; skim it, force it through a sieve, and add spice to your taste before warming up for use.

### THE QUEEN'S FAVOURITE SOUP.

The royal bill of fare constantly includes this excellent *potage*, the recipe for which is obtained by special favour. We subjoin the necessary proportions for a party of a dozen persons.

Skin and entirely clean out the insides of three fat fowls, or chickens, according to the season; let them be well washed in warm water; put them into a stewpan for an hour, covered with strong veal broth, and add a good-sized bunch of parsley. Take out the fowls, and soak the crumb of two French rolls in the liquor; cut the meat off; take away the skin, and pound the flesh in a mortar, adding the soaked crumb, and the yolks of four hard-boiled eggs. Force this through a coarse sieve, and put it into a quart of cream that has been previously boiled; re-warm for table.

If you desire to have a small tureen of this royal preparation upon an economical plan, parboil a couple of fowls; use the wings and breasts for a fricassee, and make your soup of the legs, necks, and backs, taking care that your *consommé* of veal is sufficiently strong to make amends for the absence of fowl, and following the previous directions in all other respects.

#### TURTLE, AS AT THE MONTAGUE TAVERN, BRISTOL.

Mr. Burnham, the late proprietor of the above celebrated house, dressed, during his life, more turtle than any other individual in the kingdom, and from him the following receipt was purchased by a friend of our own. The never-to-be-forgotten host of the Montague, though accustomed to the preparation of "hecatombs of turtle," as an Irish gentleman once said of him, wrote the succeeding remarks as applicable to a solitary specimen of the "green and lively."

Two days before you intend to dress the turtle cut off his head, and to do this properly you should hang up the victim with his head downwards; use a sharp knife, and make the incision as close to the head as possible. You must not be surprised at seeing, many hours after the decollation, the creature exhibit extraordinary signs of muscular motion, by the flapping of his fins. Separate the upper from the lower shell, and in this operation be very careful not to touch the gall bladder, which is very large, and if penetrated would completely destroy the flesh over which its contents run. Cut the meat of the breast into half a dozen pieces, abstract the gall and entrails, and throw them away at once. Separate the fins as near the shell as possible, abstract the green fat, and put it on a dish separate from the white meat. Let the upper and lower shells boil sufficiently long to enable you to take away the bones, and remove with a spoon the mucilage that you find adhering to the shells, put this

also in a separate dish. Into the largest stewpan your kitchen range affords, put the head, fins, liver, lights, heart, and all the flesh, a pound of dressed ham, nine or ten cloves, a couple of bay leaves, and a good-sized bunch of mixed sweet herbs, such as winter savory, marjoram, basil, lemon thyme, a Spanish onion cut into slices, and a bunch of parsley. Cover all these with the liquor in which you have boiled the shells, and let it simmer till the meat be thoroughly done, which you can easily ascertain by pricking it with a fork, and observing if any blood exudes ; when none appears, strain the liquor through a fine sieve, and return it to the stewpan, which may remain at some distance from the fire. Cut the meat into square bits of about an inch. Put the herbs, onions, &c., into a separate saucepan, with four ounces of butter, three or four lumps of sugar, and a bottle of Madeira, let this boil slowly ; whilst this is doing, melt in another saucepan half a pound of fresh butter, and when it is quite dissolved thicken it with flour, but do not make it too thick, then add a pint of the liquor from the shells, let this boil very gently, skimming off the scum as it rises. When both these saucepans are ready, strain the contents of the first through a sieve, and this done, add both to the stewpan. Warm up, in the liquor from the shells, the green fat and mucilage, put these with the meat into the stewpan also, with the yolks of a dozen eggs boiled hard, the juice of ten green limes, and a dessert-spoonful of Cayenne. Gently warm up the whole together, and you may regard your cookery as complete. Fill as many tureens as your soup will permit, and as these are required for table take especial care to warm the turtle in its tureen, by putting it in a hot-water bath ; boiling it up a second time would deprive this delicious preparation of its true flavour.

Lord Chancellor Erskine would on the woolsack, during the tedium of a wearisome argument, sketch a turtle on a card, with a certain day and hour, and pass it to a friend in court as a dinner invitation.

The usual allowance at a *Turtle Feast* is six pounds, live weight, per head ; we are told, in *Bell's Weekly Messenger* for August 7, 1808, that at the Spanish dinner at the London Tavern 400 guests attended, and 2500lbs. of turtle were consumed.

#### VEAL BROTH.

Stew a small knuckle in about three quarts of water, two ounces of rice, a little salt, and a blade of mace, till the liquor is half wasted away.

## VEGETABLE SOUP.

Peel and slice six large onions, six potatoes, six carrots, and four turnips; fry them in half a pound of butter, and pour on them four quarts of boiling water. Toast a crust of bread as brown and hard as possible, but do not burn it; put that, some celery, sweet herbs, white pepper, and salt to the above, stew it all gently four hours, then strain it through a coarse cloth; have ready sliced carrot, celery, and a little turnip, and add to your liking, and stew them tender in the soup. If approved, you may add an anchovy and a spoonful of catchup.

## VERMICELLI SOUP.

Break up the quantity of vermicelli you require—an ounce and a half, or a couple of ounces, will be found quite enough for a large tureen; soak it in boiling water till perfectly white and free from dust. A quarter of an hour before dishing-up your first course add the vermicelli to the soup. Rich beef gravy, in which vegetables have been stewed, and the liquor well strained, will be found most appropriate.

## WHITE SOUP.

Put a quarter of a pound of butter into a saucepan, and when it is melted cover the bottom with slices of undressed ham, four pounds of leg of veal cut into pieces, and each well punctured with a fork; three onions chopped small, and two carrots scraped and sliced; cover all these with water; let it simmer over a slow fire till you have extracted a rich jelly. You must now add a large tea-cupful of weak veal broth, with four sprigs of parsley, two shallots both chopped, a couple of cloves, a tea-spoonful of salt, and a salt-spoonful of Cayenne pepper; skim constantly, and when you find that you can extract no more juice from the meat strain through a cloth, and warm up again when required for table, either with or without vermicelli.

The French have a soup which they call "*Potage à la Camerain*," of which it is said "A simple spoonful will lap the palate in elysium; and while one drop remains on the tongue each other sense is eclipsed by the voluptuous thrilling of the lingual nerves!" We regret we have not the recipe.

## FISH.

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### TO CHOOSE FISH.

*Turbot*, if good, should be thick, and the belly of a yellowish white ; if of a bluish cast or thin, they are bad. They are in season the greatest part of the summer.

*Salmon*.—If new, the flesh is of a fine red (the gills particularly), the scales bright, and the whole fish stiff. When just killed, there is a whiteness between the flakes, which gives great firmness ; by keeping, this melts down, and the fish is more rich. The Thames salmon bears the highest price ; that caught in the Severn is next in goodness, and is even preferred by some. Small heads, and thick in the neck, are best.

*Cod*.—The gills should be very red : the fish should be very thick at the neck, the flesh white and firm, and the eyes fresh. When flabby they are not good. They are in season from the beginning of December till the end of April.

*Skate*.—If good they are very white and thick. If too fresh they eat tough, but must not be kept above two days.

*Herrings and Sprats*.—If good, their gills are of a fine red and the eyes bright : as is likewise the whole fish, which must be stiff and firm.

*Soles*.—If good they are thick, and the belly is of a cream colour ; if this is of a bluish cast and flabby, they are not fresh. They are in the market almost the whole year, but are in the highest perfection about Midsummer.

*Whitings*.—The firmness of the body and fins is to be looked to, as in herrings ; their high season is during the first three months of the year, but they may be had a great part of it.

*Mackerel*.—Choose as whitings. Their season is May, June, and July. They are so tender a fish that they carry and keep worse than any other.

*Pike*.—They are found in most of our rivers and lakes, but the best are taken in rivers : they are a very dry fish, and are much indebted to stuffing and sauce.

*Carp* live some time out of water, and may therefore



get wasted ; it is best to kill them as soon as caught, to prevent this. The same signs of freshness attend them as other fish.

*Tench*.—They are a fine-flavoured fresh-water fish, and should be killed and dressed as soon as caught. When they are to be bought, examine whether the gills are red and hard to open, the eyes bright, and the body stiff. The tench has a slimy matter about it, the clearness and brightness of which show freshness. The season is July, August, and September.

*Perch*.—Take the general rules given to distinguish the freshness of other fish. They are not so delicate as carp and tench.

*Smelts*, if good, have a fine silvery hue, are very firm, and have a refreshing smell like cucumbers newly cut. They are caught in the Thames and some other large rivers.

*Mulletts*.—The sea are preferred to the river mulletts, and the red to the grey. They should be very firm. Their season is August.

*Gudgeons*.—They are chosen by the same rules as other fish. They are taken in running streams ; come in about Midsummer, and are to be had for five or six months.

*Eels*.—There is a greater difference in the goodness of eels than of any other fish. The true silver-eel (so called from the bright colour of the belly) is caught in the Thames. The Dutch eels sold at Billingsgate are very bad ; those taken in great floods are generally good, but in ponds they have usually a strong rank flavour. Except the middle of summer they are always in season.

*Lobsters*.—If they have not been long taken, the claws will have a strong motion when you put your finger on the eyes and press them. The heaviest are the best, and it is preferable to boil them at home. When you buy them ready-boiled, try whether their tails are stiff and pull up with a spring ; otherwise that part will be flabby. The cock lobster is known by the narrow back part of his tail, and the two uppermost fins within it are stiff and hard ; but those of the hen are soft, and the tail broader. The male, though generally smaller, has the highest flavour, the flesh is firmer, and the colour when boiled is a deeper red.

*Crabs*.—The heaviest are the best, and those of a middling size are sweetest. If light they are watery : when in perfection the joints of the legs are stiff, and the body has a very agreeable smell. The eyes look dead and loose when stale.

*Prawns and Shrimps.*—When fresh they have a sweet flavour, are firm and stiff, and the colour is bright.—Shrimps are of the prawn kind, and may be judged by the same rules.

*Oysters.*—There are several kinds: the Pyfleet, Colchester, and Milford, are much the best. The native Milton are fine, being white and fat; but oysters may be made to possess both these qualities in some degree by proper feeding. When alive and strong the shell closes on the knife. They should be eaten as soon as opened, the flavour becoming poor otherwise. The rock oyster is largest, but usually has a coarse flavour if eaten raw.

*Flounders.*—They should be thick, firm, and have their eyes bright. They very soon become flabby and bad. They are both sea and river fish. The Thames produces the best. They are in season from January to March, and from July to September.

#### *Observations on dressing Fish.*

If the fishmonger does not clean it, fish is seldom very nicely done; but those in great towns wash it beyond what is necessary for cleaning, and by perpetual watering diminish the flavour. When quite clean, if to be boiled, some salt and a little vinegar should be put into the water to give firmness: but Cod, Whiting, and Haddock are far better if a little salted, and kept a day; and if not very hot weather, they will be good two days.

Those who know how to purchase fish may, by taking more at a time than they want for one day, often get it cheap; and such kinds as will pot or pickle, or keep by being sprinkled with salt and hung up, or by being fried will serve for stewing the next day, then they are bought with advantage.

Fresh-water fish has often a muddy smell and taste: to take off which, soak in strong salt and water after it is nicely cleaned; or if of a size to bear it, scald it in the same: then dry and dress it.

We recommend that sea fish should be put in cold water, salted in proportion of a pound of salt to a gallon of water; if you reside on the coast, sea water is preferable: let the fish boil slowly till done; the sign is that the skin of the fish rises, and the eyes turn white.

Crimp fish should be put into boiling water; and when it boils up, pour a little cold water in, to check extreme heat, and simmer it a few minutes.

The fish-plate on which it is done may be drawn up to see if it be ready: it will leave the bone when it is.—



It should then be immediately taken out of the water, or it will be woolly. The fish-plate should be set cross-ways over the kettle, to keep hot for serving : and a clean cloth cover the fish to prevent it losing its colour.

Small fish nicely fried, covered with egg and crumbs, make a dish far more elegant than if served plain. Great attention should be paid to the garnishing fish : use plenty of horse-radish, parsley, and lemon.

When well done, and with very good sauce, fish is more attended to than almost any other dish. The liver and roe should be placed on the dish, so that the lady may see them and help a part to every one.

If fish is to be fried or broiled, it must be wrapped in a nice soft cloth after it is well cleansed and washed. When perfectly dry, wet with an egg if for frying, and sprinkle the finest crumbs of bread over it ; if done a second time with the egg and bread, the fish will look much better ; then having a thick-bottomed frying-pan on the fire, with a large quantity of lard or dripping boiling hot, plunge the fish into it, and let it fry middling quick, till the colour is a fine brown yellow, and it is judged ready. If it is done enough before it has obtained a proper degree of colour, the cook should draw the pan to the side of the fire ; carefully take it up, and place it either on a large sieve turned upwards, and to be kept for that purpose only, or on the under side of a dish, to drain, and if wanted very nice, a sheet of cap paper must be put up to receive the fish, which should look a beautiful colour, and all the crumbs appear distinct ; the fish being free from all grease. The same dripping, with a little fresh, will serve a second time. Butter gives a bad colour : oil fries of the finest colour for those who will allow the expense.

Garnish with a fringe of curled raw parsley, or parsley fried, which must be thus done : when washed and picked, throw it again into clean water ; when the lard or dripping boils throw the parsley into it immediately from the water, and instantly it will be green and crisp, and must be taken up with a slice ; this may be done after the fish is fried.

If fish is to be broiled, it must be seasoned, floured, and put on a gridiron that is very clean, which, when hot, should be rubbed with a bit of suet, to prevent the fish from sticking. It must be broiled on a very clear fire, that it may not taste smoky ; and not too near, that it may not be scorched.

## TURBOT.

## TO BOIL TURBOT.

The turbot-kettle must be of a proper size, and in the nicest order. Set the fish in cold water sufficient to cover it completely; throw a handful of salt and a glass of vinegar into it, and let it gradually boil. Be very careful that there fall no blacks, but skim it well, and preserve the beauty of the colour. Serve it garnished with a complete fringe of curled parsley, lemon, and horse-radish.

The sauce must be the finest lobster and anchovy, butter and plain butter, served plentifully in separate tureens.

A wealthy city lawyer is related to have carried in his pocket written cards, as follows:—"Turbot and lobster sauee, sir, at six; shall be happy in having your company:" which invitation he handed about very liberally.

## JOHN DORY.

Where or when this fish obtained its name is not quite certain; but in all probability it is derived from the French *dorée*, or golden, in allusion to its peculiar golden-yellow colour. It is dressed in the same manner as turbot. It is served either with lobster sauee or eapers.

Talking of dory, we are reminded of Quin the actor, who was a noted epicure. When at Brighton, on his servant answering his bell in the morning, "What sort of morning is it?" "Very wet, sir." "Any dory in the market?" "No, sir." "Then call me at this time to-morrow!"

## SALMON.

## TO BOIL SALMON.

Put on a fish-kettle, with spring water enough to cover the salmon you are going to dress, or the fish will neither look nor taste well. When the water boils, put in a handful of salt; take off the scum as soon as it rises; have the fish well washed; put it in, and let it boil gently. Salmon requires boiling a quarter of an hour to a pound of fish; but you must consider the thickness of the fish.

## TO BROIL SALMON.

Cut slices an inch thick, and season with pepper and salt; lay each slice in half a sheet of white paper, well buttered or oiled; twist the ends of the paper, and broil the slices over a slow fire six or eight minutes. Serve in the paper, with anchovy sauce.

## TO POT SALMON.

Take a large piece, scale and wipe, but do not wash it; salt very well; let it lie till the salt is melted and drained from it, then season with beaten mace, cloves, and whole pepper; lay in a few bay leaves, put it close into a pan, cover it over with butter, and bake it; when well done, drain it from the gravy, put it into the pots to keep, and, when cold, cover it with clarified butter.

In this manner you may do any firm fish.

## AN EXCELLENT DISH OF DRIED SALMON.

Pull some into flakes; have ready some eggs boiled hard, and chopped large: put both into half a pint of thin cream, and two or three ounces of butter rubbed with a tea-spoonful of flour; skim it and stir it till boiling hot: make a wall of mashed potatoes round the inner edge of a dish, and pour the above into it.

## TO PICKLE SALMON.

After scaling and cleaning, split the salmon, and divide it into such pieces as you choose; lay it in the kettle to fill the bottom, and as much water as will cover it; to three quarts put a pint of vinegar, a handful of salt, twelve bay leaves, six blades of mace, and a quarter of an ounce of black pepper. When the salmon is boiled enough, drain it and put it on a clean cloth, then put more salmon into the kettle, and pour the liquor upon it, and so on till all is done. After this, if the pickle be not smartly flavoured with the vinegar and salt, add more, and boil it quick three-quarters of an hour. When all is cold, pack the fish in something deep, and let there be enough of pickle to plentifully cover. Preserve it from the air. The liquor must be drained from the fish, and occasionally boiled and skimmed.

## COLLARED SALMON.

Split such a part of the fish as may be sufficient to make a handsome roll, wash and wipe it, and having mixed salt, white pepper, pounded mace, and Jamaica pepper, in quantity to season it very high, rub it inside and out well. Then roll it tight and bandage it, put as much water and one-third vinegar as will cover it, with bay leaves, salt, and both sorts of pepper. Cover close, and simmer till done enough. Drain and boil quick the liquor, and put on when cold. Serve with fennel. It is an elegant dish, and extremely good.

## COD.

## TO BOIL COD.

Wash and clean the fish, and rub a little salt in the inside of it. Put plenty of water in your kettle, so that the fish may be well covered. Put in a large handful of salt, and when it is dissolved put in the fish. A small fish will take twenty minutes, a large one half an hour. Drain it well; dish with a garnish of the roe, liver, &c., or large native oysters fried brown.

In cold weather a cod is improved in firmness by being kept a day.

## COD'S HEAD AND SHOULDERS

Will eat much finer by having a little salt rubbed down the bone, and along the thick part, even if to be eaten the same day.

Tie it up, and put it on the fire in cold water which will completely cover it: throw a handful of salt into it. Great care must be taken to serve it without the smallest speck of black or seum. Garnish with a large quantity of double parsley, lemon, horse-radish, and the milt, roe, and liver, and fried smelts if approved. If with smelts, be careful that no water hangs about the fish: or the beauty of the smelts will be taken off, as well as their flavour.

Serve with plenty of oyster or shrimp sauce, and anchovy and butter.

## COD SOUNDS BOILED.

Soak them in warm water half an hour, then serape and clean; and if to be dressed white, boil them in milk and water; when tender, serve them in a napkin, with egg sauce. The salt must not be much soaked out, unless for fricassee.

## COD SOUNDS TO LOOK LIKE SMALL CHICKENS.

A good maigre-day dish. Wash three large sounds nicely, and boil in milk and water, but not too tender; when cold, put a forcemeat of chopped oysters, crumbs of bread, a bit of butter, nutmeg, pepper, salt, and the yolks of two eggs: spread it thin over the sounds, and roll up each in the form of a chicken, skewering it; then lard them as you would chickens, dust a little flour over, and roast them in a tin oven slowly. When done enough, pour over them a fine oyster sauce. Serve for side or corner dish.

## CURRIE OF COD

Should be made of sliced cod that has either been crimped or sprinkled a day, to make it firm. Fry it of a fine brown with onion ; and stew it with a good white gravy, a little currie-powder, a bit of butter and flour, three or four spoonfuls of rich cream, salt, and Cayenne, if the powder be not hot enough.

## TO DRESS SALT COD.

Soak and clean the piece you mean to dress, then lay it all night in water, with a glass of vinegar. Boil it enough, then break it into flakes on the dish ; pour over it parsnips boiled, beaten in a mortar, and then boiled up with cream and a large piece of butter rubbed with a little flour. It may be served as above with egg sauce instead of the parsnips, and the root sent up whole ; or the fish may be boiled and sent up without flaking, and sauces as above.

## TWICE LAID.

The name comes from a clever "Sea Cook." If during Lent more salt fish has been dressed than eaten, let the fish be completely taken off the bones, and the remains of parsnips, potatoes, and egg sauce chopped up with the fish ; put the whole into a pie-dish, and place in the oven for half an hour. Look to it while baking, and if it appears too dry put a little butter over the top.

## STURGEON.

## FRESH STURGEON.

The best mode of dressing this is to have it cut in thin slices, like veal cutlets, and broiled ; then rubbed over with a bit of butter, peppered, and served very hot. Great care must be taken to cut off the skin before it is broiled, as the oil in the skin, if burnt, imparts a disgusting flavour to the fish. We recommend it to be eaten only with a squeeze of lemon juice.

## TO ROAST STURGEON.

Put it on a lark-spit, then tie it on a large spit ; baste it constantly with butter ; and serve with a good gravy, an anchovy, a squeeze of Seville orange or lemon, and a glass of sherry.

## ANOTHER.

Put a piece of butter, rolled in flour, into a stewpan with four cloves, a bunch of sweet herbs, two onions, some



pepper and salt, half a pint of water, and a glass of vinegar. Set it over the fire till hot; then let it become lukewarm, and steep the fish in it an hour or two. Butter a paper well, tie it round, and roast it without letting the spit run through. Serve with sorrel and anchovy sauce.

#### FRIED PLAICE.

To insure firmness to this fish, powder it well with salt, and let it remain in an earthen pan for a day and a night. Before cooking, wipe the plaice quite dry, rub it over with egg, and cover it on both sides with finely grated bread crumbs. Have the frying-pan three-fourths full of boiling lard, and just before you put in the fish throw in a coffee-cupful of white wine vinegar. Turn carefully, that both sides may be well done, drain off the fat, garnish with parsley, and serve with Reading sauce, melted butter, and a fresh lemon.

#### BROILED ALICE.

Should any of your friends residing on the "Severn's sedgy side" forward you a basket of these fish, better known in London by the name of shad, we advise you to have them broiled, and eat them with caper sauce.

#### SAVOURY HADDOCK.

Haddock must be allowed to be a somewhat tasteless fish; the favourite breakfast accompaniment, the "Findhorn Haddy," can be successfully imitated by soaking a deal shaving in butter, and rubbing it over with salt and pepper. A *fresh* fish may be sent to table worthy of notice, if dressed as follows:—

After cleaning the interior, dry it with a cloth, and stuff the fish with the same forcemeat you would use for a fillet of veal; tie the tail to the mouth, and place the haddock in a deep pie-dish; rub it over with flour, and half fill the dish with veal stock; then let it bake in a slow oven for forty minutes.

#### THORNBACK AND SKATE

Should be hung one day at least before they are dressed; and may be served either boiled, or fried in crumbs, being first dipped in egg.

#### MAIDS

Should likewise be hung one day at least. They may be boiled or fried; or, if of a tolerable size, the middle may

be boiled and the fins fried. They should be dipped in egg, and covered with crumbs.

#### BOILED CARP.

Serve in a napkin, and with the sauce which you will find directed for it under the article Stewed Carp.

#### STEWED CARP.

Scald and clean, take care of the roe, &c., lay the fish in a stewpan, with a rich beef gravy, an onion, eight cloves, a dessert spoonful, of Jamaica pepper, the same of black, a fourth part of the quantity of gravy of port (cyder may do); simmer close covered; when nearly done add two anchovies chopped fine, a dessert spoonful of made mustard, and some fine walnut catchup, a bit of butter rolled in flour, shake it, and let the gravy boil a few minutes. Serve with sippets of fried bread, the roe fried, and a good deal of horse-radish and lemon.

#### BAKED CARP.

Clean a large earp, put a stuffing as for soles, dressed in the Portuguese way. Sew it up; brush it all over with yoke of egg, and put plenty of crumbs; then drop oiled butter to baste them; place the earp in a deep earthen dish, a pint of stock (or, if fast-day, fish-stock), a few sliced onions, some bay leaves, a faggot of herbs (such as basil, thyme, parsley, and both sorts of marjoram), half a pint of port wine, and six anchovies, cover over the pan, and bake it an hour. Let it be done before it is wanted. Pour the liquor from it, and keep the fish hot while you heat up the liquor with a good piece of butter rolled in flour, a tea-spoonful of mustard, a little Cayenne, and a spoonful of soy. Serve the fish on the dish, garnished with lemon, parsley, and horse-radish, and put the gravy into the sauce-ureen.

#### PERCH AND TRENCH.

Put them into cold water, boil them carefully, and serve with melted butter and soy. Perch is a most delicate fish. They may be either fried or stewed, but in stewing they do not preserve so good a flavour.

#### TO FRY TROUT AND GRAYLING.

Scale, gut, and well wash; then dry them, and lay them separately on a board before the fire, after dusting



some flour over them. Fry them of a fine colour with fresh dripping; serve with crimp parsley and plain butter.

*Perch* and *Tench* may be done the same way.

#### TROUT A-LA-GENEVOISE.

Clean the fish very well; put it upon your stewpan, adding half Champagne and half Moselle, or Rhenish, or Sherry wine. Season it with pepper, salt, an onion, a few cloves stuck in it, and a small bunch of parsley and thyme; put it in a crust of French bread; set it on a quick fire. When the fish is done, take the bread out, bruise it, and then thicken the sauce; add flour and a little butter, and let it boil up. See that your sauce is of a proper thickness. Lay your fish on the dish, and pour the sauce over it. Serve it with sliced lemon and fried bread.

#### BAKED TROUT.

Select a fish of about four pounds weight for this dish. Let it be scaled and cleaned, and fill the interior with the same forcemeat as recommended for "Savory Haddock;" fasten the head and tail together, and set the fish by whilst you prepare the following sauce:—Slice a carrot, an onion, a couple of shallots, to these add two table-spoonfuls of mixed chopped parsley, thyme, and sweet basil, a couple of cloves, and a salt spoonful of Cayenne pepper and allspice in powder. Boil all these in vinegar, and dissolve a lump of butter in it. When your sauce is ready, strain it through a sieve, pour a portion of it quite hot over the fish, place the trout in the oven, and let it be well basted with the sauce, whilst baking. Before serving remove the fish to the dish you intend using, thicken the sauce with flour, add the juice of a lemon and a glass of Madeira, and pour the sauce round the fish, just before you send to table.

#### MACKEREL.

##### BOILED.

The fish loses its life as soon as it leaves the sea, therefore the fresher it is the better. Wash and cleanse them thoroughly, then put them into cold water which has a handful of salt in it; let them rather simmer than boil. A small mackerel will be done in a quarter of an hour. When the eye starts and the tail splits, they are done; do not let them stand in the water a moment after; they are so delicate, that the heat of the water will break them. Fennel sauce.

**BROILED.**

Clean a fine large mackerel, wipe it on a dry cloth, and cut a long slit down the back; lay it on a clean grid-iron over a very slow fire; when it is done on one side, turn it; be careful it does not burn. Serve with fennel sauce. Mix well together a little finely minced fennel and parsley, a little pepper and salt, a bit of butter, and, when the fish is ready, put some of this into each fish.

**BAKED.**

Cut off the heads, open the fish and take out the roes, and cleanse them thoroughly; rub them on the inside with pepper and salt; put the roes in again; season with black pepper, allspice, and salt; lay them close in a baking-pan, cover them with equal quantities of cold vinegar and water, tie them down with strong white paper, and bake them for an hour in a slow oven.

**PICKLED MACKEREL, CALLED CAVEACH.**

Clean and divide them; then cut each side into three, or leaving them undivided cut each fish into five or six pieces. To six large mackerel take near an ounce of pepper, two nutmegs, a little mace, four cloves, and a handful of salt, all in the finest powder; mix, and making holes in each bit of fish, thrust the seasoning into them, rub each piece with some of it; then fry them brown in oil: let them stand till cold, then put them into a stone jar, and cover with vinegar; if to keep long, pour oil on the top. Thus done, they may be preserved for months.

**RED MULLET.**

It is called the Sea Woodcock. Clean, but leave the inside, fold in oiled paper, and gently bake in a small dish. Make a sauce of the liquor that comes from the fish, with a piece of butter, a little flour, a little essence of anchovy, and a glass of sherry. Give it a boil; and serve in a boat, and the fish in the paper cases.

**TO DRESS PIPERS.**

Boil, or bake them with a pudding well seasoned. If baked, put a large cup of rich broth into the dish; and when done, take that, some essence of anchovy, and a squeeze of lemon, and boil them up together for sauce.

**TO BAKE PIKE.**

Scale it, and open as near the throat as you can, then stuff it with the following:—grated bread, herbs, ancho-

vies, oysters, suet, salt, pepper, mace, half a pint of cream, four yolks of eggs; mix all over the fire till it thickens, then put it into the fish, and sew it up; butter should be put over it in little bits; bake it. Serve sauce of gravy, butter, and anchovy. *Note*: if, in helping a pike, the back and belly are slit up, and each slice gently drawn downwards, there will be fewer bones given.

## HADDOCK.

### TO DRY HADDOCK.

Choose them of two or three pounds weight: take out the gills, eyes, and entrails, and remove the blood from the backbone. Wipe them dry, and put some salt into the bodies and eyes. Lay them on a board for a night; then hang them up in a dry place, and after three or four days, they will be fit to eat; skin and rub them with egg, and strew crumbs over them. Lay them before the fire, and baste with butter until brown enough. Serve with egg-sauce.

Haddock may be boiled or broiled with stuffing as under, having salted them a day.

*Whitings*, if large, are excellent this way; and it will prove an accommodation in the country, where there is no regular supply of fish.

### STUFFING FOR PIKE, HADDOCK, AND SMALL COD.

Take equal parts of fat bacon, beef suet, and fresh butter, some parsley, thyme, and savory; a little onion, and a few leaves of scented marjoram shred fine; an anchovy or two; a little salt and nutmeg, and some pepper. Oysters will be an improvement with or without anchovies; add crumbs, and an egg to bind.

## SOLES.

If boiled, they must be served with great care to look perfectly white, and should be well covered with parsley.

If fried, dip in egg, and cover them with fine crumbs of bread; set on a frying pan that is just large enough, and put into it a large quantity of fresh lard or dripping, boil it, and immediately slip the fish into it; do them of a fine brown.

Soles that have been fried eat good cold, with oil, vinegar, salt, and mustard.

### SOLES ANOTHER WAY.

Take two or three soles, divide them from the backbone, and take off the head, fins, and tail. Sprinkle the

inside with salt, roll them up tight from the tail-end upwards, and fasten with small skewers. If large or middling, put half a fish in each roll: small do not answer. Dip them into yolks of eggs, and cover them with crumbs. Do the egg over them again, and then put more crumbs; and fry them a beautiful colour in lard, or for fast-day in clarified butter.

AN EXCELLENT WAY OF DRESSING A LARGE PLAICE, ESPECIALLY IF THERE BE A ROE.

Sprinkle with salt, and keep twenty-four hours; then wash and wipe it dry, wet over with egg, cover with crumbs of bread; make some lard or fine dripping, and two large spoonfuls of vinegar, boiling hot; lay the fish in, and fry it a fine colour, drain it from the fat, and serve with fried parsley round, and anchovy sauce. You may dip the fish in vinegar, and not put it into the pan.

TO FRY SMELTS.

They should not be washed more than is necessary to clean them. Dry them in a cloth, then lightly flour them, but shake it off. Dip them into plenty of egg, then into bread crumbs grated fine, and plunge them into a good pan of *boiling* lard; let them continue gently boiling, and a few minutes will make them a bright yellow-brown. Take care not to take off the light roughness of the crumbs, or their beauty will be lost.

## EELS.

SPITCHCOCK EELS.

Take one or two large eels, leave the skin on, cut them into pieces of three inches long, open them on the belly side, and clean them nicely: wipe them dry, and then wet them with beaten egg, and strew over on both sides chopped parsley, pepper, salt, a very little sage, and a bit of mace pounded fine and mixed with the seasoning. Rub the gridiron with a bit of suet, and broil the fish of a fine colour.

Serve with anchovy and butter for sauce.

FRIED EELS.

If small, they should be curled round and fried, being first dipped into egg and crumbs of bread.

EEL BROTH, VERY NOURISHING FOR THE SICK.

Do as above; but stew two hours, and add an onion and pepper-corns; salt to taste.

## BOILED EELS.

The small ones are best; do them in a small quantity of water, with a good deal of parsley, which should be served up with them in the liquor.

Serve chopped parsley and butter for sauce.

## COLLARED EEL.

Bone a large eel, but do not skin it: mix pepper, salt, mace, allspice, and a clove or two, in the finest powder, and rub over the whole inside; roll it tight, and bind it with a coarse tape. Boil in salt and water till enough, then add vinegar, and when cold keep the collar in pickle. Serve it either whole or in slices. Chopped sage, parsley, and a little thyme, knotted marjoram, and savory, mixed with the spices, greatly improve the taste.

## TO STEW LAMPREY, AS AT WORCESTER.

After cleaning the fish carefully, remove the cartilage which runs down the back, and season with a small quantity of cloves, mace, nutmeg, pepper, and allspice; put it into a small stewpot, with very strong beef gravy, port, and an equal quantity of Madeira or sherry.

It must be covered close; stew till tender, then take out the lamprey and keep hot, while you boil up the liquor with two or three anchovies, chopped, and some flour and butter; strain the gravy through a sieve, and add lemon juice and some made mustard. Serve with sippets of bread and horse-radish.

*Eels*, done in the same way, are a good deal like the lamprey. When there is spawn, it must be fried and put round.

Cyder will do in common, instead of white wine.

## FLOUNDERS.

Let them be rubbed with salt inside and out, and lie two hours, to give them some firmness. Dip them into egg, cover with crumbs, and fry them.

## WATER SOUCHY.

Stew two or three flounders, some parsley leaves and roots, thirty pepper-corns, and a quart of water, till the fish are boiled to pieces; pulp them through a sieve. Set over the fire the pulped fish, the liquor that boiled them, some perch, tench, or flounders, and some fresh leaves and roots of parsley; simmer all till done enough, then serve in a deep dish. Slices of bread and butter are to be sent to table, to eat with the souchy.



## HERRINGS AND SPRATS.

## To SMOKE HERRINGS.

Clean, and lay them in salt and a little saltpetre one night; then hang them on a stick, through the eyes, in a row. Have ready an old cask, on which put some sawdust. and in the midst of it a heater, red hot; fix the stick over the smoke, and let them remain twenty-four hours.

## BOILED HERRINGS.

Herrings that have been well powdered with salt for three days, and then plain boiled, will be found extremely delicate, served with parsley and butter. This is an excellent dish for an invalid.

## HERRINGS.

Should you happen to be on the coast at the period of the herring fishery, and witness the arrival of a boat-load of these exquisite fish, by all means procure half-a-dozen, and have them dressed for your dinner or supper, whichever meal shall follow the time of day at which the boats reach the shore. The sooner you eat them after their being caught the more flavour you will find. The most approved method of dressing them is as follows:—With a sharp penknife make three or four incisions *across* the fish on each side; cut an onion in thin slices, place both on the gridiron, and turn them occasionally till done. Have melted butter ready, in which two table-spoonfuls of mushroom catchup has been poured, and a little fresh mustard; eat your herrings hot, with the prescribed sauce, and you will ask yourself, why people have made a fuss about John Dories.

## To DRESS RED HERRINGS.

Choose those that are large and moist, cut them open. and pour some boiling small beer over them to soak half an hour; drain them dry, and make them just hot through before the fire; then rub some cold butter over them, and serve. Egg sauce, or buttered eggs and mashed potatoes, should be sent up with them.

## BAKED HERRINGS OR SPRATS.

Wash and drain, without wiping them; season with allspice in fine powder, salt, and a few whole cloves; lay them in a pan with plenty of black pepper, an onion, and a few bay leaves. Add half vinegar and half small beer, enough to cover them. Put paper over the pan, and bake



in a slow oven. If you like, throw saltpetre over them the night before, to make them look red. Gut, but do not open them.

#### SPRATS,

When cleaned, should be fastened in rows by a skewer run through the head, and then broiled and served hot and hot.

### LOBSTERS AND SHRIMPS.

#### TO POT LOBSTERS.

Half boil them, pick out the meat, cut it into small bits, season with mace, white pepper, nutmeg, and salt; press close into a pot, and cover with butter; bake half an hour; put the spawn in. When cold, take the lobster out, and put it into the pots with a little of the butter. Beat the other butter in a mortar with some of the spawn; then mix that coloured butter with as much as will be sufficient to cover the pots, and strain it. Cayenne may be added, if approved.

#### ANOTHER WAY TO POT LOBSTERS, AS AT WOOD'S HOTEL.

Take out the meat as whole as you can; split the tail and remove the gut; if the inside be not watery, add that. Season with mace, nutmeg, white pepper, salt, and a clove or two in the finest powder. Lay a little fine butter at the bottom of a pan, and the lobster smooth over it, with bay leaves between; cover it with butter, and bake gently. When done, pour the whole on the bottom of a sieve, and with a fork lay the pieces into potting-pots, some of each sort, with the seasoning about it. When cold, pour clarified butter over, but not hot. It will be good next day, or, highly seasoned and thick covered with butter, will keep some time.

Potted lobster may be used cold, or as a fricassee, with a cream sauce; it then looks very nicely, and eats excellently, especially if there is spawn.

*Mackerel, Herrings, and Trout* are good potted as above.

#### STEWED LOBSTER, A VERY HIGH RELISH.

Pick the lobster, put the berries into a dish that has a lamp, and rub them down with a bit of butter, two spoonfuls of any sort of gravy, one of soy or walnut catchup, a little salt and Cayenne, and a spoonful of port; stew the lobster, cut into bits, with the gravy as above.

**BUTTERED LOBSTERS.**

Pick the meat out, cut it, and warm with a little weak brown gravy, nutmeg, salt, pepper, and butter, with a little flour. If done white, a little white gravy and cream.

**TO ROAST LOBSTERS.**

When you have half boiled the lobster, take it out of the water, and while hot rub it with butter, and lay it before the fire. Continue basting it with butter till it has a fine froth.

**CURRIE OF LOBSTERS, OR PRAWNS.**

Take them from the shells and lay into a pan, with a small piece of mace, three or four spoonfuls of veal gravy, and four of cream; rub smooth one or two tea-spoonfuls of currie powder, a tea-spoonful of flour, and an ounce of butter; simmer an hour; squeeze half a lemon in, and add salt.

**PRAWNS AND CRAW FISH IN JELLY, A BEAUTIFUL DISH.**

Make a savoury fish jelly, and put some into the bottom of a deep small dish; when cold, lay the craw fish with their backs downwards, and pour more jelly over them. Turn out when cold.

**TO BUTTER PRAWNS AND SHRIMPS.**

Take them out of the shells, and warm them with a little good gravy, a bit of butter and flour, a scrape of nutmeg, salt, and pepper; simmer a minute or two, and serve with sippets, or with a cream sauce instead of brown.

**TO POT SHRIMPS.**

When boiled, take them out of the skins, and season them with salt, white pepper, and a very little mace and cloves. Press them into a pot, set it in the oven ten minutes, and, when cold, put butter.

**CRABS.****HOT CRAB.**

Pick the meat out of a crab, clear the shell from the head, then put the meat, with a little nutmeg, salt, pepper, a bit of butter, crumbs of bread, and three spoonfuls of vinegar into the shell again, and set it before the fire. You may brown it with a salamander.

Dry toast should be served to eat on

**DRESSED CRAB, COLD.**

Empty the shells, and mix the flesh with oil, vinegar, salt, and a little white pepper and Cayenne; then put the mixture into the large shell, and serve. Very little oil is necessary.

**OYSTERS.****TO FEED OYSTERS.**

Put them into water, and wash them with a birch besom till quite clean; then lay them bottom downwards into a pan, sprinkle with flour or oatmeal and salt, and cover with water. Do the same every day, and they will fatten. The water should be pretty salt.

**TO STEW OYSTERS.**

Open, and separate the liquor from them; then wash them from the grit; strain the liquor, and put with the oysters a bit of mace and lemon-peel, and a few white peppers. Simmer them very gently, and put some cream and a little flour and butter.

Serve with sippets.

**TO SCALLOP OYSTERS.**

Put them, with crumbs of bread, pepper, salt, nutmeg, and a bit of butter, into scallop-shells or saucers, and bake them before the fire in a Dutch oven.

**FRIED OYSTERS, TO GARNISH BOILED FISH.**

Make a batter of flour, milk, and eggs; season it a very little, dip the oysters into it, and fry them a fine yellow brown. A little nutmeg should be put into the seasoning, and a few crumbs of bread into the flour.

**SALT FISH, BOILED.**

Salted fish requires soaking; therefore taste it, and if it is hard and dry it requires two nights' soaking, changing the water three or four times. Put it into plenty of cold water and let it simmer gently till it is enough—if the water boils the fish will be tough. Serve with egg sauce. For vegetable accompaniment, beet root and parsnips.

Seasons of fish frequently will vary, and hence there is nothing so fluctuating in price as fish; therefore it is the safest and at the same time the most economical plan to ascertain the fish most plentiful, as it generally happens that it is the freshest and the best.

## ENTREES.

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The spirit of each dish, and zest of all,  
Is what ingenious cooks the relish call;  
For though the market sends in loads of food,  
They all are tasteless, till that makes them good.

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A noble income nobly expended is no common sight; it is far more easy to acquire a fortune like a knave, than expend it like a gentleman.

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### BEEF OLIVES.

Cut off a rump of beef six or eight slices, about a third of an inch in thickness, flatten and trim them into proper shape, beat up a couple of eggs, and dip the slices; then strew them over with mixed herbs finely picked and chopped, seasoned with pepper and salt; roll each slice up tightly, and fasten them with tapes; put them into a stewpan three parts filled with beef gravy, and cover the top of each roll with a slice of fat ham; let all simmer gently for three hours. When you wish to serve, you have only to remove the bacon, take off the tapes, place the olives upon a dish, and pour enough of the sauce through a sieve into it.

### STEWED RUMP STEAKS.

The steaks must be a little thicker than for broiling — *let them be all the same thickness*, or some will be done too little and others too much. Put an ounce of butter into a stewpan, with two onions; when the butter is melted lay in the rump steaks, let them stand over a slow fire for five minutes, then turn them, and let the other side of them fry five minutes longer. Have ready boiled a pint of button onions; they will take from half an hour to an hour; put the liquor they were boiled in to the steaks; if there is not enough of it to cover them, add broth or boiling water, to make up enough for that purpose, with a dozen corns of black pepper and a little salt, and let them simmer very *gently* for about an hour and a half, and then strain off as much of the liquor (about a pint and a half) as you think will make the sauce.

Put two ounces of butter into a stewpan; when it is

melted, stir in as much flour as will make it into a stiff paste; some add thereto a table-spoonful of claret, or port wine, the same of mushroom catchup, half a tea-spoonful of salt, and a quarter of a tea-spoonful of ground black pepper: add the liquor by degrees, let it boil up for fifteen minutes; skim it, and strain it; serve up the steaks with the onions round the dish, and pour the gravy over.

#### BEEF CAKES, FOR A SIDE DISH OF DRESSED MEAT.

Pound some beef that is underdone with a little fat bacon or ham; season with pepper, salt, and a little shallot, or garlie: mix them well; and make into small cakes three inches long, and half as wide and thick: fry them a light brown, and serve them in a thick gravy.

#### RAGOUT OF OX CHEEK.

The meat you have laid aside from Hessian soup can be served the same day, or the next, as a ragout, which affords you a variety without increasing expense. It is thus managed:—

Take from the saucepan a pint and a half of the liquor, before the vegetables are put in. Mix a table-spoonful of flour with a spoonful of salt, another of equal proportions of Cayenne pepper, mace, and cloves in powder, rub the bits of meat and slices of tongue over with this seasoning, then lay them in a stewpan, with half-a-dozen foremeat balls, and the like number of egg balls; pour in, very gently, the liquor you have reserved, having carefully skimmed it first. As soon as the liquor boils, pour in a glass of port wine, and two table-spoonfuls of walnut catchup; a few minutes will suffice for warming up the meat. Serve in a deep dish, and garnish with slices of lemon.

*Observation.*—You will enjoy your soup and ragout none the less if you give directions that the vegetables may be sent to some poor family in your neighbourhood.

#### BEEF STEAK PUDDING.

Line a basin with a well-made light paste, not too thick, put in half the quantity of beef required, each piece having been seasoned with a little salt and Cayenne pepper, then put in a dozen oysters with their liquor, two table-spoonfuls of mushroom catchup, two table-spoonfuls of shallot vinegar, and the rest of the meat; let your top crust be well secured to the basin, the whole carefully tied up. Boil according to the size of your pudding, and depend on it you will find this a very toothsome dish.



**VEAL OLIVES.**

Cut half a dozen slices off a fillet of veal half an inch thick, and as long and as square as you can; flat them with a chopper, and rub them over with an egg that has been beat on a plate; cut some fat bacon as thin as possible, the same size as the veal; lay it on the veal, and rub it with a little of the egg; make a little veal forcemeat, and spread it very thin over the bacon; roll up the olives tight, rub them with the egg, and then roll them in fine bread-crumbs; put them on a lark-spit, and roast at a brisk fire: they will take three-quarters of an hour.

**OLIVE ROYALS.**

Boil one pound of potatoes, and when nearly cold rub them perfectly smooth with four ounces of flour and one ounce of butter, and knead it together till it become a paste; roll it up about a quarter of an inch thick, cut it into rounds, and lay upon one side any sort of cold roasted meat cut into thin small bits, and seasoned with pepper and salt; put a very small bit of butter over it, wet the edges, and close the paste in the form of a half circle. Fry them in boiling fresh dripping of a light brown colour; lay them before the fire, on the back of a sieve, to drain. Serve them with or without gravy in the dish. For a change, mince the meat, and season it as before directed. The potatoes should be very mealy.

**VEAL COLLOPS.**

Slices cut from the upper part of the leg will make an excellent dish of collops. Grate stale bread into the powder; season it with salt and Cayenne pepper very moderately; rub the slices over with the yolk of egg, and cover them with the bread crumbs. Dissolve a couple of ounces of butter in a stewpan, and warm the veal till both sides are of a rich brown colour, then set it by. Put a cupful of water into a small saucepan, and dissolve in this a piece of butter the size of a walnut, that has been rubbed in two table-spoonfuls of flour; add half-a-dozen sprigs of parsley, a couple of pinches of mixed sweet herbs, a table-spoonful of mushroom powder, or catchup, three cloves, and two burnt onions. Let all these be well stirred together over a slow fire for half an hour; then strain through a coarse sieve, and warm up the collops in the sauce; do this rapidly, or you will render the meat hard. Serve with a fresh lemon, or a Seville orange.



## BLANQUETTE DE VEAU.

Although this dish can be made from cold fillet or loin of veal, the best meat for the purpose is that cut from a cold shoulder; pare off the brown skin and flatten the slices with a roller, put the parings into broth or stock, and thicken with butter, flour, and the yolks of eggs; when you have a sauce about the consistency of cream season it with salt, mace, and Cayenne pepper; pour lemon juice over the slices, and warm them up for five minutes; toast lean slices of dressed ham, roll them up tightly, and place them round the dish as garnish.

## GRENADIN OF VEAL.

Cut as many cutlets of veal as you require, squeeze lemon juice over them; have ready a plate full of well-seasoned forcemeat, and as many slices of fat bacon as you have of veal. Place over a pie-dish a calf's caul which will extend beyond the edge of the dish, lay at the bottom as many slices of bacon as will cover it, then forcemeat half an inch thick, above this a layer of cutlets, and so proceed till you have arranged all the meat, &c. Cover over with the caul, tie writing paper on the top, and bake in a moderate oven. Prepare a small saucepan full of mushroom sauce, turn the Grenadin into the dish you mean for table, and pour the sauce over it.

## SWEETBREADS A LA DAUPHINE.

If for a round dish, take four large and fine sweetbreads: if for a long dish, three will suffice. Pare off the fat and sinews, and blanch them in warm water; parboil them, and, when cold, lard them. Rub a stewpan with fresh butter, and put into it a few sliced carrots and onions, then a layer of slices of fat bacon; place the sweetbreads upon the bacon, sprinkle a little salt over them, and stew them with a great deal of fire on the top, and a very slow one beneath; when they are nicely browned, cover them with a piece of buttered paper, cut round, and lessen the fire upon the top. They will require to stew for three-quarters of an hour; then drain and put them into a pan, with some glaze, and the bacon underneath. Leave them in the glaze till dinner time, drain them again, glaze them of a fine brown, and serve them with sorrel or endive.

## SCOLLOPS OR SWEETBREADS WITH GREEN PEAS.

Take four fine sweetbreads, let them disgorge, and blanch them thoroughly. Next cut them into scollops, as large as possible. Mask them in a sauté-pan, or fry-

ing-pan, with melted butter and a little salt. A quarter of an hour before you send up, fry them lightly over a stove, with a clear fire, turn them round, and when done, drain the butter, and put a little glaze into the pan. Keep stirring the sweetbreads in the glaze; dish them Miroton way, and send up the peas in the middle.

When you have sweetbreads left at table, cut them into scollops, make them hot in a little light glaze, and after having dished Miroton way (*i. e.* in a circular form), mask them with the peas. Scollops of sweetbreads are easier to dress, when you put between them a slice of fried bread cut round, and the green peas in the middle; without the fried bread they do not keep the shape in which you dish them.

#### FRICANDEAU OF VEAL.

Let the veal be well larded, and place it in the stewpan with the larded side uppermost; then add two large tumblers of water, two carrots in slices, two onions also sliced, a bunch of parsley, and a couple of cloves. Boil slowly for three hours and a half. Brown the veal with a red hot salamander before serving, and add some stewed mushrooms.

#### CALF'S BRAINS A LA MAITRE D'HOTEL.

Take off all the fibres and skins which hang about the brains, and soak them in several waters, then boil them in salt and water, with a piece of butter, and a table-spoonful of vinegar; cut some thin slices of bread in the shape of scallop shells, and fry them in butter; lay these in a dish, the brains divided in two, on them, and pour over a Maître d'Hôtel sauce. A nice supper dish.

#### KNUCKLE OF VEAL STEWED WITH RICE.

As boiled knuckle of veal cold is not a very favourite relish with the generality, cut off some steaks from it, and leave the knuckle no larger than will be eaten the day it is dressed. Break the shank-bone, wash it clean, and put it in a large stewpan with two quarts of water, an onion, two blades of mace, and a tea-spoonful of salt: set it on a quick fire; when it boils, take off all the scum.

Wash and pick a quarter of a pound of rice; put it into the stewpan with the meat, and let it stew very gently for about two hours; put the meat, &c., in a deep dish, and the rice round it.

Send up bacon with it, parsnips or greens, and finely minced parsley and butter.

## RAGOUT OF COLD VEAL.

Either a neck, loin, or fillet of veal, will furnish this excellent ragoût with a very little expense or trouble.

Cut the veal into handsome cutlets; put a piece of butter or clean dripping into a fryingpan; as soon as it is hot, flour and fry the veal of a light brown: take it out, and if you have no gravy ready make some, thus:—Slice a large onion and fry it brown, drain it, and put it into a stewpan with some sweet herbs, a couple of allspice and also pepper, three blades of mace and a pint and a half of water; strain through a sieve, then mix two table-spoonfuls of flour in a cup of cold water, incorporate this with the gravy and put it in the stewpan; or put a pint of boiling water into the fryingpan, give it a boil up for a minute, and strain it into a basin while you prepare some thickening in the following manner:—Put about an ounce of butter into a stewpan; as soon as it melts, mix with it as much flour as will dry it up; stir it over the fire for a few minutes, and gradually add to it the gravy you made in the fryingpan; let them simmer together for ten minutes (till thoroughly incorporated); season it with pepper, salt, a little mace, and a wine-glassful of mushroom catchup or wine; strain it through a tamis to the meat, and *stew very gently* till the meat is thoroughly warmed. If you have any ready-boiled bacon, cut it in slices, and put it in to warm with the meat.

## CASSEROLE OF ROAST MUTTON.

From a cold leg of mutton cut slices not too thick, and free from fat, sprinkle these very sparingly with equal quantities of flour, Cayenne pepper, and salt. Pour a tea-cupful of melted butter into a pudding mould, shake it well till the sides are completely covered. Have ready a dish of mashed potatoes, prepared with cream, mace, &c.; line the mould about half an inch thick with the vegetable, fill up with the slices of mutton, and a good layer of the potatoes at the bottom, tie writing paper over it, and bake for half an hour in a slow oven. Turn out the contents, and garnish with Indian pickles.

*Observation.*—This is at once an elegant and economical dish, and well deserving the notice of good housekeepers.

## HARICOT OF MUTTON.

In ninety-nine cases out of a hundred, the dish so called is sent to table without the slightest reference to the *légume* after which it is named.

Scrape and cut into thin slices a couple of good-sized carrots, put these into a saucepan containing a couple of quarts of boiling water; let it simmer over a slow fire for twenty minutes. Meanwhile pare and cut into squares, the size of dice, two turnips; add a head of celery cut small, and a little pepper and salt. Whilst the vegetables are stewing put half-a-dozen mutton chops, with their fat cut off and well flattened, into the fryingpan, with sufficient butter to fry them a light brown, without risk of burning; when this is accomplished, put the meat with the vegetables, and let all stew together for half an hour.

In France the mutton is prepared in a similar manner to the foregoing; but instead of turnip and carrot, the white bean, *the haricot véritable*, is substituted; and during the season, asparagus tops and three or four small silver onions are added.

#### MAINTENON CUTLETS.

Cut away the skin and the greatest portion of fat from tender mutton chops, and remove the end bones. Let a table-spoonful of mixed sweet herbs, a few sprigs of parsley, four shallots, two good-sized fresh mushrooms, if attainable, be well chopped, and warmed up in the fryingpan with a little butter; when the herbs, &c., are quite hot, put the chops upon them, and be sure to dress both sides equally; when quite brown take them out, and let them cool. Brush good stout writing paper over with Florence oil. Have enough finely grated bread crumbs, and an equal portion of dressed ham, also grated, ready; cover the chops with this, having previously dipped them in yolk of egg, well beaten up; envelope in the oiled paper, and broil for four or five minutes over a slow fire, taking great care that the paper does not ignite, or get covered with smoke or soot.

#### NEILGHERRY PILAU.

Stew, in rich, well-warmed beef gravy, enough of rice to fill the dish intended. Meantime broil half-a-dozen mutton chops, quite free from fat. Frizzle before the fire or over it six slices of lean ham. Spread a layer of the stewed rice upon a dish, then arrange your mutton and ham on the top, and cover the meat with the rest of the rice; press it down with a trencher; glaze the top with yolk of egg, and brown in an oven or before the fire. Whilst this is doing, fry a dozen silver onions brown, and boil six eggs hard for the yolks; garnish with the eggs, and serve with Chatna sauce or Chili vinegar.

Boiled chickens or veal are equally applicable for a pilau.



## CHINA CHILO.

Mince a pint-basin of undressed neck of mutton, or leg, and some of the fat; put two onions, a lettuce, a pint of green peas, a tea-spoonful of salt, a tea-spoonful of pepper, four spoonfuls of water, and two or three ounces of clarified butter, into a stewpan closely covered; simmer two hours, and serve in the middle of a dish of boiled dry rice. If Cayenne is approved, add a little.

## VEAL CUTLETS BROILED PLAIN, OR FULL-DRESSED.

Divide the best end of a neck of veal into cutlets, one rib to each; broil them plain, or make some fine bread-crumbs; mince a little parsley, and a very little shallot, as small as possible; put it into a clean stewpan, with two ounces of butter, and fry it for a minute; then put on a plate the yolks of a couple of eggs; mix the herbs, &c., with it, and season it with pepper and salt; dip the cutlets into this mixture, and then into the bread; lay them on a gridiron over a clear slow fire till they are nicely browned on both sides; they will take about an hour: send up with them a few slices of ham or bacon fried, or done in the Dutch oven.

## MUTTON CUTLETS.

Chop the leaves off half-a-dozen stalks of parsley, and a couple of shallots, very fine; season with small quantities of salt and Cayenne, and mix all together in a table-spoonful of Florence oil; cover the cutlets on both sides with these ingredients, shake them in finely-powdered bread-crumbs, and fry in fresh butter, turning them till quite done.

## MUTTON CUTLETS OR CHOPS, WITH SOUBISE OR ONION SAUCE.

Take a neck of mutton, and cut the chops one by one without flattening them; cut off some of the flat bone at the extremity of the chops. Put them into a stewpan with all the parings, together with the parings of the onions to make the soubise. Season the whole well with carrots, a bunch of parsley, and green onions, salt, and a very small quantity of spice, &c.; throw in four or five spoonfuls of good broth, to braise them. When done, drain them, and let them cool. Strain the liquor through a silk sieve. Then reduce it to a glaze. Next pare the chops nicely, and put them with the glaze. This being completed, dish them Miroton way, and pour the soubise or onion sauce into the middle.



Some persons take two necks of mutton, cut two bones to each chop, lard them with bacon, and braise them as above; but mutton, being in general fat, is better without being larded. With regard to the two bones, you must take care not to let them be too thick; if they are too thick you cannot dish them well.

#### LAMB CHOPS AND ASPARAGUS SAUCE.

Lamb chops, carefully fried in egg and bread-crums, and sent to table, with a tureen of asparagus heads, chopped off when boiled, immersed in melted butter, is a neat and excellent dish.

#### IRISH STEW.

Take five thick mutton chops, or two pounds off the neck or loin; two pounds of potatoes—peel them, and cut them in halves; six onions, or half a pound of onions—peel and slice them also: first put a layer of potatoes at the bottom of your stewpan, then a couple of chops and some of the onions; then again potatoes, and so on, till the pan is *quite* full; a small spoonful of white pepper, and about one and a half of salt, and three gills of broth or gravy, and two tea-spoonfuls of mushroom catchup, cover all very close in, so as to prevent the steam from getting out, and let them stew for an hour and a half on a very slow fire. A small slice of ham is a great addition to this dish. The cook will be the best judge *when* it is done, as a great deal depends on the fire you have.

#### HUNTER'S PIE.

Take part of a neck of mutton, cut it into chops, season it well, put it into a stewpan, let it braise for half an hour, take two dozen of potatoes, boil them, mash them, and season them, butter your mould, and line it with the potatoes, put in the mutton, bake it for half an hour, then it will be done; cut a hole in the top, and add some good gravy to it.

#### SCOTCH HAGGIS.

Make the haggis-bag perfectly clean; parboil the draught; boil the liver very well, so as it will grate; dry the meal before the fire; mince the draught and a pretty large piece of beef very small; grate about half of the liver; mince plenty of the suet and some onions small; mix all these materials very well together, with a handful or two of the dried meal; spread them on the table, and

season them properly with salt and mixed spices ; take any of the seraps of beef that are left from mincing, and some of the water that boiled the draught, and make about a choppin (*i.e.*, a quart) of good stock of it ; then put all the haggis meat into the bag, and that broth in it ; then sew up the bag : but be sure to put out all the wind before you sew it quite close. If you think the bag is thin, you may put it in a cloth. If it is a large haggis, it will take at least two hours boiling.

#### MARINADE OF MUTTON.

Lard a neck of mutton, and marinate it for about two hours in vinegar, water, pepper and salt, sliced onions, shallots, thyme, laurel, and two cloves ; then drain it and roast it ; serve with piquant sauce.

#### PORK CUTLETS A LA MIREPOIX.

Cut the fat completely off a dozen pork chops, strew a very few grains of salt and Cayenne pepper over them, mince up the fat and skin with an equal quantity of bacon or the fat of dressed ham, put this in a stewpan, with a bunch of parsley, a couple of shallots, and a dozen fresh sage leaves, all chopped fine ; on these lay the cutlets, set them over a slow fire, well covered down, for a quarter of an hour ; then turn them, and cover down for the same time. Take them out, and keep them warm, whilst you mix a table-spoonful of fresh veal broth with the seasoning ; strain it, and skim it quite free from fat ; when this is done add the juice of a lemon and a table-spoonful of Chili vinegar : warm up the sauce, and pour it quite hot over the cutlets. Be sure you send a little newly-made mustard to table with this dish. Apple sauce or tomato saucee add considerably to the zest.

#### PIEDS DE COCHONS, FACON DE COLOGNE.

This highly-flavoured dish is prepared thus :—Scald and scrape the hair off four pigs' feet, parboil them sufficiently to enable you to take out the bones, cut away the hocks, put the latter and the bones back into the saucepan, and boil till you have extracted a good strong broth. Chop up half a dozen truffles, mix these with a table-spoonful of powdered sweet herbs, a couple of green chilies chopped small, and grated bread-crumbs ; beat up the yolk of a couple of eggs, moisten the stuffing with a small portion of the liquor, fill up the space occupied by the bones with the forcemeat, sewing the edges together and tying the top and bottom securely. Simmer gently in the broth for half

an hour over a slow fire. Take out the thread from the side, and strings from top and bottom, before serving.

#### HASHED VENISON.

If you have enough of its own gravy left, it is preferable to any to warm it up in; if not, take some mutton gravy, or the bones and trimmings of the joint (after you have cut off all the handsome slices you can to make the hash); put these into some water, and stew them gently for an hour; then put some butter into a stewpan; when melted, put to it as much flour as will dry up the butter, and stir it well together; add to it by degrees the gravy you have been making of the trimmings, and some red-currant jelly; give it a boil up, skim it, strain it through a sieve, and it is ready to receive the venison; put it in, and let it just get warm; *if you let it boil, it will make the meat hard.*

#### RABBITS, AS DRESSED AT VENICE.

Cut a couple of young rabbits into joints; let these soak in lukewarm water till the flesh is quite free from the juices; chop up finely two handfuls of fresh button mushrooms (having removed the stalks), a bunch of parsley, and four shallots; line the bottom of a stewpan with the fat of dressed ham or bacon, put the herbs, &c., on the top, strew in a very small quantity of pepper and salt; when the mushrooms, &c., are quite hot, put the joints in and let them stew gently till perfectly done; take them out, strain the seasoning, and pour it into a basin to grow cold; then skim off the fat, beat up four eggs, the juice of a lemon, a tea-spoonful of Chili vinegar, and another of flour; add these to the sauce, warm up the joints again in this for five minutes, and serve in a deep dish, with sippets.

#### BROWN FRICASSEE OF RABBITS.

Cut a couple of rabbits into joints; fry these in a little fresh butter till they become a light-brown colour; put the meat into a stewpan, with a pint of spring water, two table-spoonfuls of lemon juice, mushroom catchup, and Reading sauce, a couple of burnt onions, a little Cayenne, and salt. Stew over a slow fire till perfectly done, then take out the meat, strain the gravy, and thicken it with a little flour, if necessary; make it quite hot, and pour it over the rabbits.

## WHITE FRICASSEE OF RABBITS.

Be careful to take away all the interior of the rabbits usually left after easing, and cut off the heads ; wash them repeatedly in cold water till the flesh is perfectly white ; put them into a saucepan of boiling water, and, as soon as it boils up again, take out the rabbits and cut them into joints ; thicken a pint of milk with flour and butter ; add a little mace, nutmeg, lemon-juice, salt, and white pepper ; put this into a stewpan with the flesh, cover carefully down, and let it simmer for half an hour.

The sauce should be as thick as cream, and as white as snow, if properly dressed.

## GOLDEN PLOVER.

Some cooks dress this bird *à la* woodcock—without drawing ; but a great improvement to the usual mode is to take out the interior, cut it up small, and add a table-spoonful of finely grated bread, a pinch or two of powdered sweet herbs, a very few grains of salt and Cayenne pepper, all well mixed with the white of an egg ; stuff the bird with these ingredients, properly secured from falling out ; then let it be enveloped in thin slices of fat bacon, and roast for a quarter of an hour.

## CUTLETS OF LEVERET.

Cut the fillets pretty large, and cut out as many ribs as you make cutlets, and stick one rib in each ; lay them in the dish you intend for table ; put a little broth therein, with all sorts of sweet herbs, chopped mushrooms, salt, pepper, and a bit of butter ; simmer slowly between two dishes, turning them two or three times, and reduce the liquid ; when done, serve with a rich sauce.

## POULETS A LA MALMAISON.

This was a favourite dish with the late Emperor Napoleon. The following is no bad specimen of the science of gastronomy, as exercised by Bonaparte's *chef de cuisine*, and is not after all a dish so expensive as to be only fit to be "set before a king."—Truss a couple of tender fowls ; perforate the breasts and wings with a fork or larding instrument, and fill these holes with black truffles cut into bits about the size of allspice ; cover the bottom of a stewpan with slices of fat dressed ham ; pour in two cupfuls of veal stock ; then add a small Spanish onion chopped fine, a couple of carrots scraped and cut in thin slices, a few sprigs of parsley, four cloves, a spoonful

of salt, enough of mace and white pepper mixed to cover a shilling, the juice of a Seville orange or fresh lemon, three glasses of sherry or Madeira, and a bay leaf; let all simmer slowly for three-quarters of an hour; take out the fowls, strain the sauce through a coarse sieve, or force it through a tammy; then warm up the poulets in it for five minutes, and garnish with slices of lemon.

#### POULET A LA STAMBOUL.

Wash the inside of a fowl with hot water till you have completely cleared it out; prepare some rice as follows:—Soak the required quantity in warm water till it begins to swell; then drain it and put it in a dry sieve, over a saucepan of boiling water, not suffering the grain to touch the liquid; stir gently with a wooden spoon over a slow fire till the rice is completely done; moisten it with well-seasoned veal broth, and stuff the fowl with it, securing both ends; then envelope the bird in slices of fat bacon, and cover all with oiled paper. Roast for an hour before a slow fire. When about to serve, place a portion of the rice, warmed up in the veal broth, round the dish; take off both paper and bacon, and place the fowl in the centre; garnish with slices of lemon or fresh barberries. This will be found a most delicate preparation, and worthy the attention of invalids.

#### MINCED FOWL AND CUCUMBERS.

A delicate summer dish may be thus prepared:—Cut the meat of a cold roast fowl into small pieces, putting aside the skin; peel a couple of cucumbers; divide them into quarters, long-ways, and stew them in white cullis for twenty minutes; let the meat be then thoroughly warmed in the sauce, and it is then fit for table.

#### FRICASSEE OF CHICKEN.

Parboil a couple of chickens long enough to enable you to cut them into joints; remove the spongy portions adhering to the upper part of the back, called by some French *chefs*—who have doubtless studied comparative anatomy—the lungs, but better known to English cook-maids as the soul; at all events take the soul from the body, and put the joints into cold water to render them firm; into the water in which the chickens were parboiled, put the necks, legs, and any other portions you do not intend for the dish, with half an onion chopped small, a



couple of cloves, and half a spoonful of mace in powder; boil slowly for an hour, then strain off the broth, and thicken it with a teaspoonful of cream, in which a spoonful of fine flour, the yolks of a couple of eggs, and a spoonful of salt have been well mixed; warm up the joints for five minutes; this; garnish with slices of lemon, but do not use the juice of the fruit, as it is apt to curdle the sauce.

#### PULLED TURKEY.

Take the skin off cold turkey, and cut the meat into small bits; put the bones and the meat of all but the legs into a stewpan; cover with veal broth; add a spoonful of salt, half that quantity of Cayenne pepper, the juice of a lemon, and half a peel finely shredded; let all simmer slowly until the meat is thoroughly warmed; then take it out, strain the gravy, and add to it the yolks of two eggs and a tea-spoonful of flour; warm up the meat in this sauce for five minutes when required for table.

#### CROQUETTE OF CHICKENS WITH VELOUTE.

Take the flesh of roast chickens, which you cut into small dice of an equal size; put them into small béchamel sauce, boiled brown; then let them cool; next mould them of the shape of a cork, dip them into an omelet, and then into crumbs of bread; lastly, fry them till of a light brown, and serve up with some fried parsley of a good green colour. This, requiring a quantity of white flesh of chickens, is termed most naturally an *entrée de dessert*—remnants of cold chicken. The croquettes are better when made with some of the remnants of fowl and sweetbreads.

A good cook will never prepare croquettes except he have something left in the larder, as it requires many little pieces of fowl. If he happen to have them in the larder, they may be made at a trifling expence.

#### BLANQUETTE OF CHICKENS WITH GREEN PEAS.

This dish should be made out of roast chickens that have already been served up, or it would be very expensive, as it would require five chickens at least to make it, and it would be but a small dish after all. Cut scollops of chickens as large as possible; give them nearly a round shape, but it matters not whether they are of different sizes; put them into the sauce for blanquettes as directed, with white peas, but not till you have thickened the sauce.

## CHICKENS A LA NEIGE.

Select a couple of chickens, with skins as clear as possible; be sure they are carefully picked and singed. Dissolve a spoonful of salt in lemon-juice, add half a tea-spoonful of Chili vinegar, and mix well up with fresh butter; divide this in two, and put a portion inside each chicken. Fasten the wings and legs with tapes, avoiding skewers, and use neither gizzards nor livers. Peel a lemon, cut the fruit into thin slices, and place these over the breasts and wings, then envelope each bird in the fat of dressed ham. Lay them in a stewpan, with enough well-seasoned veal broth, or white bullion, to cover them. Half an hour, over a slow fire, will be sufficient. Take away the ham and lemon, pass the consommé through a fine sieve, and pour it boiling hot over the chicken, which, if due attention be paid to their cooking, should be as white as "unsunned snow."

## CHICKENS A LA TARTARE.

Take two very young chickens, singe them; then make a hole above the joint of the leg, and thrust the claws into those holes; then split them in two, break the bones of the legs, and bone the backs and breasts, leaving as few bones as you possibly can; then mould the chickens into a round shape; season them with salt and pepper; take a brush dipped into yolks of eggs, and brush the chickens all over; next dip them into crumbs of bread; have some melted butter ready, dip them into it, and then into crumbs of bread again, and roll them equally; lay them on something flat to give them a good shape; half an hour before you send them up, broil them on a clear fire; serve up with gravy. Observe, that the legs are a long time boiling; ascertain if they are done before you send them up.

## MARINADE OF CHICKEN.

Parboil a couple of fat young chickens, cut them into joints, and put these into an earthen pan with some sprigs of parsley, the juice of two lemons, an onion sliced, a spoonful of salt, and half that quantity of Cayenne. Cover down the vessel, and place it upon the hob for a couple of hours, stirring the contents six or eight times. When the dinner hour arrives, beat up a couple of eggs in enough flour to make a batter, take out the chickens, joint by joint, dip each in the batter, and fry them in clarified dripping.

Warm up enough tomato sauce to cover the dish you intend using, dispose of the joints on this, and send to table, garnished with slices of lemon, or barberries. The materials in which the chickens were steeped may be added to soup, beef gravy, or stock.

#### RAGOUT OF PIGEONS.

Make enough forcemeat to stuff four birds, chopping up the livers with the other ingredients. Brown the pigeons in the fryingpan, and then put them into a stewpan, with enough rich beef gravy to cover them; thicken this with flour, and pour in a coffee-cupful of mushroom catchup, and a couple of glasses of port wine. If fresh mushrooms can be procured add four or five to the stew, breaking them as before directed; in this case omit the catchup.

#### PIGEONS A LA ROYALE.

Take any number of pigeons you please that are of an equal size, put a peeled truffle in each, and give them a fry in butter; add chopped mushrooms, parsley, a slice of ham, and some pepper and salt; put them into a stewpan to braise, with a few slices of veal, first scalded, and the first seasoning over the pigeons; cover them with thin slices of bacon, and put a sheet of white paper over the hole; stop the pan close, and let them simmer over a slow fire till they are quite tender; take out the pigeons, and clean them from the fat; strain the braise, and boil it a moment, in order to skim it very clean: when it is ready, squeeze in a lemon, and pour the sauce over the pigeons.

#### PIGEONS IN A HURRY.

Trim small pigeons, and put them in a stewpan, with a slice of butter, a glass of wine, half a lemon sliced, a bunch of parsley, basil, and shallots, two cloves, a slice of ham, and a few small slices of veal first scalded; put the pan on a brisk fire for about a quarter of an hour, then remove, and simmer them till perfectly done; sauce at pleasure.

#### FRICASSEE OF PIGEONS.

Cut half a pound of pickled pork into thin slices, and put it in a small quantity of water on the fire for about half an hour; scald two or three large pigeons in boiling water, and cut them in halves; add the pork, with a bundle of parsley, thyme, shallots, and laurel, and two

eloves ; soâk them a little while, then add water and whole pepper ; when done, skim and sift the sauee, add to it three yolks of eggs and cream, and unite all together on the fire, but do not let it boil ; when done, add a small quantity of vinegar.

#### PARTRIDGES A LA PERIGUEUX.

Stuff a brace of birds with truffles chopped small, and mixed with an equal quantity of fresh butter. Place at the bottom of a stewpan the fat of dressed ham, or veal kidney ; scrape and slice a carrot, chop up a small onion, add a table-spoonful of dried sweet herbs, a spoonful of salt, and a few grains of Cayenne pepper ; lay the partridges upon these, with their breasts downwards, cover their backs with dressed ham fat, let them get thoroughly warm, then throw in a gill of sherry, and the juice of a lemon ; set the stewpan on the side of the fire, cover the lid with embers, and let all simmer gently for three quarters of an hour, then strain off the sauee and pour it quite hot over the birds ; serve in a deep dish.

#### PERDRIX AUX CHOUX.

Truss the birds as for roasting ; rub them slightly with garlie ; put over each breast a piece of bacon, and into the inside a bit of butter the size of a walnut, dusted with flour, and seasoned with pepper, salt, and thyme ; half roast, and then stew them with some good gravy, a bit of lean ham or bacon, one spoonful of white wine, the same of mushroom catchup and of lemon pickle, a little Cayenne, one anchovy, and one shallot. Have ready boiled the hearts of some cabbages, put them into the stewpan, and stew them altogether till the partridges be sufficiently tender. Before serving, take out the ham.

#### SALMI OF PHEASANTS.

If you have dressed a brace of pheasants and one of them remains uncut, together with the back, &c., of the other, a very elegant dish named as above can be made from the cold birds. Divide the first into joints, and put the heads, legs, and back bones of both into a stewpan with half a pint of veal broth, a couple of shallots chopped fine, and a tea-spoonful of dried Seville orange peel, another of equal portions of salt, powdered mace, and Cayenne pepper, a small bunch of mixed sweet herbs, and three or four slices of the knuckle of dressed ham ; let all these stew gently for an hour ; should you find it become too thick, you may add a little broth or glaze to thin it. Strain

through a coarse sieve, and warm up for ten minutes the breast, wings, and legs. Garnish with sippets and slices of lemon.

### CRAW-FISH.

The small-sized fish are frequently used as an ornamental garnish to more substantial fare; but there are many *gourmets* who profess a great admiration for these petite "pretty pickings." That such should not be disappointed, prepare the fish as follows:—Put them into a saucepan of boiling water, and shake it well over the fire for five minutes; take them out, and drain them well. Chop up four silver onions, and half-a-dozen sprigs of parsley; put these with a tea-spoonful of the dried leaves of sweet basil, a couple of cloves, a spoonful of salt, and half that quantity of mixed mace and Cayenne pepper, a gill of Sherry, and a quarter of a pound of fresh butter, into a saucepan; lay the shell-fish at the top; keep tossing the saucepan till the contents are at boiling heat; then set it by to cool, pouring it into a pan or basin. An hour afterwards re-warm both fish and saucc; take out the former; wipe them quite dry; and when cold, they are applicable either as a garuish, or to form a side dish, by being placed in a pyramidic form, and surrounded by double parsley.

### LOBSTER FOR AN ENTREE.

Chop the meat of a good-sized lobster fine, and add to it half a salt-spoonful of powdered mace, the same quantity of Cayenne, and a spoonful of salt; beat up three eggs, rub two ounces of butter into an ounce of bread crumbs, mix all well together, and boil, in a well-buttered mould, for an hour. Sprinkle the pea over it, and garnish with the small claws.

### HOT LOBSTER.

This especial delicacy is to be prepared after the following manner:—Separate the tail of the fish from the body, tear away the shell to which the lower claws are attached, abstract the interior, taking great care not to disturb the stomach, politely denominated "the lady;" split the tail in half, and remove the intestinal canal, a dark purple cord-like object, found in the centre of the flesh; shred up the meat of the tail and claws; mix all well together, squeeze the juice of two lemons over it, half a tea-spoonful of Cayenne, a tea-spoonful of salt, and three ounces of fresh butter. Put these into a saucepan, let it



be well stirred for a quarter of an hour, and serve it in a deep dish. A good-sized lobster thus cooked is enough for four persons at supper. A liqueur glass of cognac after it will be found desirable.

#### SMALL OYSTER PATTIES.

Pick out the smallest oysters you can find, and boil and beard them. Make the sauce of melted butter with the liquor of the oysters, a spoonful of cream, pepper, salt, and a little nutmeg. Have about two dozen of small patties ready: fill them with oysters and as much sauce as they will hold; have also some crumbs of bread fried of a fine colour, strew some over the small pies, which dish *en buisson*. Serve them up very hot. This addition of the fine crumbs of bread gives a very pleasant taste.

#### SALMON CUTLETS.

Dip slices of salmon in Florence oil, and strew them over with Cayenne pepper and salt, wrap them in oiled paper, fry for ten minutes in boiling lard, then lay the cutlets on a gridiron over a clear fire for three minutes longer. Parsley and butter, or plain butter with a spoonful of Chili vinegar in it, are the best accompaniments.

#### CROQUETTES OF FILLETS OF SOLES.

Many *pseudo* cookery-books have receipts for croquettes of salmon, and croquettes of cod, which are certainly uneatable. Sturgeon and soles are the only two fishes which have sufficient firmness to admit being made into croquet. The oftener a fish is presented to the fire, the more unpalatable it becomes. With regard to the croquette of soles, cut the soles into small dice, and throw them into it, season them well, and put the whole preparation into ice. When cold, cut them into equal parts on a dish. Roll them either round or oval, but never into pears; dip them first into an omelet of two eggs with a little salt, and then into crumbs of bread, fry them a good colour, and serve them up with crisp-fried green parsley in the middle.

#### FILLET OF SOLE A L'ITALIENNE.

Fillet a pair of soles; scrape off two fillets, and as much fat bacon, which put into the mortar, with a little parsley and shallots, all chopped very fine; rub it about the mortar a few minutes; put in half the crumb of a French roll that has been soaked in cream; mix them together; then beat up the white of an egg, and put it in

the mortar, with a little pepper and salt, and two anchovies, washed, boned, and chopped very fine: take it all out of the mortar; brush the fillets of soles over with egg, then spread the farce on, and roll them up; put them into a tart pan (first covering the bottom with bacon); add a few spoonfuls of stock: cover the fillets with bacon; put them in a slow oven for half an hour, then dish them, and pour white Italian sauce over them. If for meagre, leave out the bacon.

#### CURRIES.

Cut fowls or rabbits into joints, and wash them clean: put two ounces of butter into a stewpan; when it is melted, put in the meat, and two middling-sized onions sliced; let them be over a smart fire till they are of a light brown, then put in half a pint of broth; let it simmer twenty minutes.

Put in a basin one or two table-spoonfuls of curry powder, a tea-spoonful of flour, and a tea-spoonful of salt; mix it smooth with a little cold water, put it into the stewpan, and shake it well about till it boils; let it simmer twenty minutes longer; then take out the meat, and rub the sauce through a tamis or sieve; add to it two table-spoonfuls of cream or milk, give it a boil up, then pour it into a dish, lay the meat over it, send up the rice in a separate dish.

#### CURRY OF COD FISH.

Cold cod fish can be re-dressed as a curry, thus:—Separate the flakes and cover them with flour; slice a couple of onions and fry them in butter to a rich brown, put the fish and vegetables into a stewpan, with a cupful of veal broth, another of cream, and a table-spoonful of curry-powder. Ten minutes' warming will be quite sufficient. Serve with rice, which be careful is so boiled that the grains separate.

#### CURRY OF COW-HEEL.

We think it is a mistake to devote *dry* meats to the purpose of a dish of curry. Rabbit, chicken, veal are all out of place. Lobster is passable, but the best material that can be used is the homely but excellent article cow-wheel. Its mucilaginous nature absorbs the flavour of the Indian condiment; and the meat, being cut into small pieces, no one detects to what source they are indebted for so capital a dish.

### TO DRESS A CURRY.

If, after the last valuable hint, you choose to make a curry of dry meat, you should do so as follows:—Cut the fowl or rabbit into small pieces, melt a quarter of a pound of fresh butter in a stewpan, and, when quite dissolved, put in the meat, and a Spanish onion cut into thin slices; when the meat becomes brown, pour in about half a pint of veal stock, and stew over a gentle fire for a quarter of an hour. Mix a table-spoonful of flour with a spoonful of salt in water, then add three tea-spoonfuls of curry-powder, and the juice of a lemon to the meat; stir all well together, and give it twenty minutes' more stewing.

### RAGOUT OF MUSHROOMS.

Peel, pare, and take away the stalks of as many moderately sized mushrooms as will make a handsome side dish. Put a couple of slices of dressed ham, two table-spoonfuls of dried mixed herbs, and a small onion chopped fine, with the third of a salt-spoonful of Cayenne pepper, into a saucepan, and let these simmer for an hour, then strain off. Let the mushrooms be put in a separate pan, with water enough to prevent their burning; when warmed add the juice of a lemon. Five minutes before serving pour in the sauce, keep the pan constantly in motion, and place a round of thin toasted bread upon the bottom of the dish in which you send the ragout to table.

### WHITE RAGOUT OF MUSHROOMS.

Follow the foregoing instructions, substituting cream or new milk, properly seasoned and thickened with flour and eggs. Omit the toast, and lay slices of French roll, with the crust cut off, at the bottom of the dish.

### CLERMONT'S MEAT PUDDING.

Make a forcemeat, with veal, suet, bread, milk or cream, parsley, shallots, mushrooms, yolks of eggs, pepper and salt; garnish the bottom of your stewpan with slices of lard, put three parts of the forcemeat round, leaving a space in the middle to put in a ragout of pigeons or any other meat; cover this with the remainder of the forcemeat and bake it in the oven; when done, turn it over gently and remove the fat, and make a hole to put a good sauce in it with lemon juice.

## POULTRY.

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A Welsh rector being on a visit to a neighbouring squire, when a very small glass was set before him at dinner, he pulled the servant by the skirts, and thus expostulated with him: "What is this glass for? Does your master wish to keep me here all night?" This rector was as famous for eating as for drinking. "This preaching thirty-five minutes," said he at dinner on Sunday, to his curate, "will never do; here's a fine goose roasted to a rag, and not a drop of gravy in it."

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### TO CHOOSE POULTRY AND GAME.

*Fowls.*—If a cock is young, his spurs will be short; but take care to see they have not been cut or pared, which is a trick often practised. If fresh, the vents will be close and dark. Pullets are best just before they begin to lay, and yet are full of egg; if old hens, their combs and legs will be rough; if young, they will be smooth. A good capon has a thick belly and large rump; there is a particular fat at his breast, and the comb is very pale. Black-legged fowls are most moist, if for roasting.

*A Turkey-cock.*—A cock, if young, has a smooth black leg, with a short spur. The eyes are full and bright, if fresh, and the feet supple and moist. If stale, the eyes will be sunk, and the feet dry. A hen is known by the same rules, but if old the legs will be red and tough.

*Geese.*—The bill and feet of a young one will be yellow, and there will be but few hairs upon them; if old, they will be red; if fresh, the feet will be pliable; if stale, dry and stiff. Geese are called green till three or four months' old. Green geese should be scalded; a stubble-geese should be pickled dry.

*Ducks.*—Choose them by the same rules, of having supple feet, and by their being hard and thick on the breast and belly. The feet of a tame duck are thick, and inclining to dusky yellow; a wild one has the feet reddish, and smaller than the tame. They should be pickled dry. Ducklings must be scalded.

*Pigeons* should be very fresh; when they look flabby about the vent, and this part is discoloured, they are stale. The feet should be supple; if old, the feet are harsh.

The tame ones are larger than the wild, and are thought best by some persons; they should be fat and tender; but many are deceived in their size, because a full crop is as large as the whole body of a small pigeon.

The wood-pigeon is large, and the flesh dark-coloured; if properly kept, and not over-roasted, the flavour is equal to teal. Serve with a good gravy.

*Plovers*.—Choose those that feel hard at the vent, which shows they are fat. In other respects choose them by the same marks as other fowl. When stale, the feet are dry. They will keep sweet a long time. There are three sorts: the grey, green, and bastard plover, or lapwing.

*Hare or Rabbit*.—If the claws are blunt and rugged, the ears dry and tough, and the hunch thick, it is old; but if the claws are smooth and sharp, the ears easily tear, and the cleft in the lip is not much spread, it is young. If fresh and newly killed, the body will be stiff, and in hares the flesh pale. But they keep a good while by proper care, and are best when rather beginning to turn, if the inside is preserved from being musty. To know a real leveret, you should look for a knob or small bone near the foot on its fore-leg; if there is none it is a hare.

*Partridges*.—They are in season in autumn. If young, the bill is of a dark colour, and the legs yellowish; if fresh, the vent will be firm; but this part will look greenish if stale.

*Pheasants*.—The cock-bird is accounted best, except when the hen is with egg. If young, he has short blunt or round spurs; but if old, they are long and sharp.

#### *Directions for dressing Poultry and Game.*

All poultry should be very carefully picked, every plug removed, and the hair nicely singed with white paper.

The cook must be careful, in drawing poultry of all sorts, not to break the gall-bag, for no washing will take off the bitter where it has touched.

In dressing wild fowl, be careful to keep a clear brisk fire. Let them be done of a fine yellow brown, but leave the gravy in: the fine flavour is lost if done too much.

Tame fowls require more roasting, and are longer in heating through than others. All sorts should be continually basted, that they may be served with a froth, and appear of a fine colour.

A large fowl will take three quarters of an hour; a middling one half an hour; and a very small one, or a chicken, twenty minutes. The fire must be very quick and clear before any fowls are put down. A capon will take



from half an hour to thirty-five minutes ; a goose, an hour ; wild ducks, a quarter of an hour : pheasants, twenty minutes ; a small turkey stuffed, an hour and a quarter ; turkey-poults, twenty minutes ; grouse, a quarter of an hour ; quails, ten minutes ; and partridges, from twenty to twenty-five minutes. A hare will take near an hour, and the hind part requires most heat.

Pigs and geese require a brisk fire, and quick turning. Hares and rabbits must be well attended to, and the extremities brought to the quick part of the fire, to be done equally with the backs.

#### TO BOIL TURKEY.

Make a stuffing of bread, herbs, salt, pepper, nutmeg, lemon-peel, a few oysters or an anchovy, a bit of butter, some suet, and an egg : put this into the crop, fasten up the skin, and boil the turkey in a floured cloth to make it very white. Have ready oyster-sauce made with butter, a little cream, and a spoonful of soy, if approved, and pour it over the bird ; or liver and lemon-sauce. Hen-birds are best for boiling, and should be young.

#### TO ROAST TURKEY.

The sinews of the legs should be drawn, whichever way it is dressed. The head should be twisted under the wing ; and in drawing it, take care not to tear the liver, nor let the gall touch it.

Put a stuffing of sausage meat ; or, if sausages are to be served in the dish, a bread stuffing. As this makes a large addition to the size of the bird, observe that the heat of the fire is constantly to that part ; for the breast is often not done enough. A little strip of paper should be put on the bone, to hinder it from scorching while the other parts roast. Baste well and froth it up. Serve with gravy in the dish, and plenty of bread-sauce in a saucetureen. Add a few crumbs, and a beaten egg, to the stuffing of sausage-meat.

A large turkey requires three hours to roast it thoroughly.

#### TO BOIL FOWL.

For boiling, choose those that are not black-legged. Pick them nicely, singe, wash, and truss them. Flour them, and put them into boiling water. A chicken will take twenty minutes ; a large fowl, forty minutes.

Serve with parsley and butter ; oyster, lemon, liver, or celery-sauce.

If for dinner, ham, tongue, or bacon, is usually served to eat with them ; as likewise greens.

### TO BOIL FOWL WITH RICE.

Stew the fowl very slowly in some clear mutton-broth well skimmed ; and seasoned with onion, mace, pepper, and salt. About half an hour before it is ready, put in a quarter of a pint of rice well washed and soaked. Simmer till tender ; then strain it from the broth, and put the rice on a sieve before the fire. Keep the fowl hot, lay it in the middle of a dish, and the rice round it without the broth. The broth will be very nice to eat as such, but the less liquor the fowl is done with the better. Gravy, or parsley and butter, for sauce.

### FOWLS ROASTED.

Serve with egg-sauce, bread-sauce, or garnished with sausages and scalded parsley.

A large barn-door fowl, well hung, should be stuffed in the crop with sausage-meat, and served with gravy in the dish, and with bread-sauce.

The head should be turned under the wing, as a turkey. Three or four slices of fat bacon, not too thick, may be attached by skewers to your fowl for roasting ; it answers all the purpose of larding, and saves the time and trouble required for that operation. The frizzled bacon makes an appropriate garnish for the dish.

### FOWLS BROILED.

Split them down the back ; pepper, salt, and broil. Serve with mushroom-sauce.

*Another way.*—Cut a large fowl into four quarters, put them on a bird-spit, and tie that on another spit, and half-roast ; or half-roast the whole fowl, and finish on the gridiron, which will make it less dry than if wholly broiled. The fowl that is not cut before roasted must be split down the back after.

### DAVENPORT FOWLS.

Hang young fowls a night : take the livers, hearts, and tenderest parts of the gizzards, shred very small, with a bunch of young elary leaves, an anchovy to each fowl, an onion, and the yolks of four eggs boiled hard, with pepper, salt, and mace to your taste. Stuff the fowls with this, and sew up the vents and necks quite close, that the water may not get in. Boil them in salt and water till almost done ; then drain them, and put

them into a stewpan with butter enough to brown them. Serve them with fine melted butter, and a spoonful of catchup, of either sorts, in the dish.

#### A NICE WAY TO DRESS A FOWL FOR A SMALL DISH.

Bone, singe, and wash a young fowl: make a forcemeat of four ounces of veal, two ounces of seraped lean of ham, two ounces of fat bacon, two hard yolks of eggs, a few sweet herbs chopped, two ounces of beef suet, a tea-spoonful of lemon peel minced quite fine, an anchovy, salt, pepper, and a very little of Cayenne. Beat all in a mortar with a tea-cupful of crumbs, and the yolks and whites of three eggs. Stuff the inside of the fowl, and draw the legs and wings inwards; tie the neck and rump close. Stew the fowl in a white gravy: when it is done through and tender, add a large cupful of cream, and a bit of butter and flour; give it one boil, and serve; the last thing, add the squeeze of a lemon.

#### TO BRAISE,

Is to put meat into a stewpan, covered with fat bacon: then add six or eight onions, a faggot of herbs, carrots if to be brown, celery, any bones, or trimmings of meat or fowls, and some stock (which you will find among *Soups* and *Gravies*). The bacon must be covered with a paper, and the lid of the pan must be put down close. Set it on a slow stove; and, according to what it is, it will require two or three hours. The meat is then to be taken out, the gravy very nicely skimmed, and set on to boil *very* quick till it is thick. The meat is to be kept hot; and if larded, put into the oven for a few minutes: and then put the jelly over it, which is called glazing, and is used for ham, tongue, and many made dishes. White wine is added to some glazing. The glaze should be of a beautiful clear yellow brown, and it is best to put it on with a nice brush.

#### TO BRAISE CHICKENS.

Bone them, and fill them with forcemeat. Lay the bones, and any other poultry trimmings, into a stewpan and the chickens on them. Put to them a few onions, a faggot of herbs, three blades of mace, a pint of stock and a glass or two of sherry. Cover the chickens with slices of bacon, and then white paper; cover the whole close, and put them on a slow stove for two hours. Then take them up, strain the braise, and skim off the fat care-

fully ; set it on to boil very quick to a glaze, and do the chickens over with it with a brush.

Serve with a brown fricassee of mushrooms. Before glazing, put the chickens into an oven for a few minutes, to give a little colour.

#### DUCKS ROASTED.

Serve with a fine gravy : and stuff one with sage and onion, a dessert-spoonful of crumbs, a bit of butter, and pepper and salt ; let the other be unseasoned.

#### TO BOIL DUCKS.

Choose a fine fat duck ; salt it two days, then boil it slowly in a cloth. Serve it with onion-sauce, but melt the butter with milk instead of water.

#### TO STEW DUCKS.

Half-roast a duck ; put it into a stewpan with a pint of beef-gravy, a few leaves of sage and mint cut small, pepper and salt, and a small bit of onion shred as fine as possible. Simmer a quarter of an hour, and skim clean : then add near a quart of green peas. Cover close, and simmer near half an hour longer. Put in a piece of butter and a little flour, and give it one boil ; then serve in one dish.

#### TO ROAST GOOSE.

After it is pickled, the plugs of the feathers pulled out and the hairs carefully singed, let it be well washed and dried, and a seasoning put in of onion, sage, and pepper and salt. Fasten it tight at the neck and rump, and then roast. Put it first at a distance from the fire, and by degrees draw it nearer. A slip of paper should be skewered on the breast-bone. Baste it very well. When the breast is rising, take off the paper ; and be careful to serve it before the breast falls, or it will be spoiled by coming flatted to table. Let a good gravy be sent in the dish.—Gravy and apple-sauce ; gooseberry sauce for a green goose.

#### ROAST GOOSE.

Benson Hill, in the "Epiqueure's Almanac," says:—"Although geese are fit for the table as early as the middle of July, I have chosen Michaelmas-day as the one on which the majority of families are in the habit of first ordering it for table. As it would be a 'scandal on Queen Elizabeth' to doubt for a moment that her Majesty was employed

upon this savoury bird when she heard the glad tidings of the Armada's defeat, Anno Domini, 1588, though certainly somewhat earlier than the 29th of September; be that as it may, it has been gravely stated, that, to commemorate the event, those of her subjects who were no ways ambitious of submitting to Catholic invasion, caused divers and sundry geese to be slaughtered and eaten upon the anniversary of that glorious day, which is doubly impressed upon the minds of epicures by the motto Elizabeth selected for the commemorative medal:—'*Dux femina facti.*'

"Having paid due attention to the cleaning, picking, and singeing of the bird, let the following stuffing be prepared:—two ounces of undressed onion, and one of sage leaves, must be first chopped small; a salt-spoonful of salt, and a third of that quantity of pepper, must be mixed with four ounces of finely grated crumbs of bread, the whole moistened with the yolk and white of an egg well whisked. In putting the stuffing into the bird, give it space wherein to swell under the action of the fire; when you have put the goose upon the spit, secure the neck and Pope's nose with twine, to prevent the stuffing from falling out, and to keep the bird steady. A large goose will require somewhat more than an hour and a half's roasting; be sure it be well basted, and sent to table of a rich brown hue, with a boat full of gravy sauce, another of apple-sauce, and some newly made mustard."

#### TO STEW GIBLETS.

Do them as they will be directed for gilet-pie (under the head PIES); season them with salt and pepper, and a very small piece of mace. Before serving, give them one boil with a cup of cream, and a piece of butter rubbed in a tea-spoonful of flour.

#### TURKEY GIBLETS.

The liver, gizzard, neck, and pinions of a turkey are called the giblets, by many cooks; a very acceptable dish can be made of them by following these directions:—

Having soaked them in warm water, to free them from the juices, cut them into properly-sized pieces, which fold up in thin slices of streaky bacon. Stew for forty minutes, in a rich and well-seasoned brown gravy. Just before serving, warm up three or four small burnt onions with the giblets.

#### PIGEONS

May be dressed in so many ways, that they are very useful. The good flavour of them depends very much on



their being chopped and drawn as soon as killed. No other bird requires so much washing.

Pigeons left from dinner the day before may be stewed or made into a pie: in either case care must be taken not to over-do them, which will make them stringy. They need only be heated up in gravy made ready, and forcemeat balls may be fried and added, instead of putting a stuffing into them. If for a pie, let beef-steaks be stewed in a little water, and put cold under them, and cover each pigeon with a piece of fat bacon, to keep them moist. Season as usual, and put eggs.

#### TO STEW PIGEONS.

Take care that they are quite fresh, and carefully chopped, drawn, and washed: then soak them half an hour. In the mean time cut a hard white cabbage in slices (as if for pickling) into water; drain it, and then boil it in milk and water; drain it again, and lay some of it at the bottom of a stewpan. Put the pigeons upon it, but first season them well with pepper and salt, and cover them with the remainder of the cabbage. Add a little broth, and stew gently till the pigeons are tender; then put among them two or three spoonfuls of cream, and a piece of butter and flour for thickening. After a boil or two, serve the birds in the middle, and the cabbage placed round them.

*Another way.*—Stew the birds in a good brown gravy, either stuffed or not; and seasoned high with spice and mushrooms fresh, and a little catchup.

#### TO BROIL PIGEONS.

After cleaning, split the backs, pepper and salt them, and broil them very nicely; pour over them either stewed or pickled mushrooms in melted butter, and serve as hot as possible.

#### ROAST PIGEONS

Should be stuffed with parsley, either cut or whole; and seasoned within. Serve with parsley and butter. Peas or asparagus should be dressed to eat with them.

#### TO PICKLE PIGEONS.

Bone them; turn the inside out, and lard it. Season with a little allspice and salt, in fine powder; then turn them again, and tie the neck and rump with thread. Put them into boiling water: let them boil a minute or two to plump: take them out, and dry them well: then put

them boiling hot into the pickle, which must be made of equal quantities of white wine and white-wine vinegar, with white pepper and allspice, sliced ginger and nutmeg, and two or three bay-leaves. When it boils up, put the pigeons in. If they are small, a quarter of an hour will do them; but they will take twenty minutes if large. Then take them out, wipe them, and let them cool. When the pickle is cold, take the fat off from it, and put them in again. Keep them in a *stone* jar, tied down with a bladder to keep out the air. Instead of larding, put into some a stuffing made of hard yolks of eggs and marrow in equal quantities, with sweet herbs, pepper, salt, and mace.

#### PIGEONS IN JELLY.

Save some of the liquor in which a knuckle of veal has been boiled; or boil a calf's or neat's foot; put the broth into a pan with a blade of mace, a bunch of sweet herbs, some white pepper, lemon peel, a slice of lean bacon, and the pigeons. Bake them, and let them stand to be cold. Season them as you like, before baking. When done, take them out of the liquor, cover them close to preserve the colour, and clear the jelly by boiling it with the whites of two eggs; then strain it through a thick cloth dipped in boiling water, and put into a sieve. The fat must be perfectly removed before it be cleared. Put the jelly over and round them rough.

#### THE SAME, A BEAUTIFUL DISH.

Pick two very nice pigeons, and make them look as well as possible by singeing, washing, and cleaning the heads well. Leave the heads and the feet on, but the nails must be clipped close to the claws. Roast them of a very nice brown, and when done put a little sprig of myrtle into the bill of each. Have ready a savoury jelly, as before, and with it half fill a bowl of such a size as shall be proper to turn down on the dish you mean it to be served in. When the jelly and the birds are cold, see that no gravy hangs to the birds, and then lay them upside down in the jelly. Before the rest of it begin to set, pour it over the birds, so as to be three inches above the feet. This should be done fully twenty-four hours before serving.

#### LARKS, AND OTHER SMALL BIRDS.

Draw, and spit them on a bird-spit; tie this on another spit, and roast them. Baste gently with butter, and strew bread crumbs upon them till half-done; brown, and serve with crumbs round.

## MEATS.

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### TO CHOOSE MEATS.

*Venison*.—If the fat be clear, bright, and thick, and the cleft part smooth and close, it is young; but if the cleft is wide and tough, it is old. To judge of its sweetness, run a very sharp narrow knife into the shoulder or haunch, and you will know by the scent. Few people like it, when it has much of the *haut goût*.

*Beef*.—If the flesh of ox-beef is young, it will have a fine smooth open grain, be of a good red, and look tender. The fat should look white rather than yellow; for when that is of a deep colour the meat is seldom good: beef fed by oil-cakes is in general so, and the flesh is flabby. The grain of cow-beef is closer, and the fat whiter, than that of ox-beef, but the lean is not of so bright a red. The grain of bull-beef is closer still, the fat hard and skinny, the lean of a deep red, and a stronger scent. Ox-beef is the reverse. Ox-beef is the richest and largest, but in small families, and to some tastes, heifer-beef is better, if finely fed. In old meat there is a streak of horn in the ribs of beef: the harder this is, the older; and the flesh is not finely flavoured.

*Veal*.—The flesh of a bull-calf is firmest, but not so white. The fillet of the cow-calf is generally preferred for the udder. The whitest is not the most juicy, having been made so by frequent bleeding, and having had whiting to lick. Choose the meat of which the kidney is well covered with white thick fat. If the bloody vein in the shoulder looks blue, or of a bright red, it is newly killed; but any other colour shows it stale. The other parts should be dry and white; if clammy or spotted, the meat is stale and bad. The kidney turns first in the loin, and the suet will not then be firm.

*Mutton*.—Choose this by the fineness of its grain, good colour, and firm white fat. It is not the better for being young: if of a good breed and well fed, it is better for age; but this only holds with wether mutton: for the flesh of the ewe is paler, and the texture finer. Ram-mutton is

very strong-flavoured; the flesh is of a deep red, and the fat is spongy.

*Lamb*.—Observe the neck of a fore-quarter; if the vein is bluish, it is fresh; if it has a green or yellow cast, it is stale. In the hind-quarter, if there is a faint smell under the kidney, and the knuckle is limp, the meat is stale. If the eyes are sunk, the head is not fresh. Grass-lamb comes into season in April or May, and continues till August. House-lamb may be had in great towns almost all the year, but is in highest perfection in December and January.

*Pork*.—Pinch the lean, and if young, it will break. If the rind is tough, thick, and cannot easily be impressed by the finger, it is old. A thin rind is a merit in all pork. When fresh, the flesh will be smooth and cool; if clammy, it is tainted. What is called measley pork is very unwholesome, and may be known by the fat being full of kernels, which in good pork is never the case. Pork fed at still-houses does not answer for curing any way, the fat being spongy. Dairy-fed pork is the best.

*Observations on purchasing, keeping, and dressing Meat.*

In every sort of provisions, the best of the kind goes farthest; it cuts out with most advantage, and affords most nourishment. Round of beef, fillet of veal, and leg of mutton, are joints that bear a higher price; but as they have more solid meat they deserve the preference. It is worth notice, however, that those joints which are inferior may be dressed as palatably, and, being cheaper, they ought to be bought in turn; for when they are weighed with the prime pieces, it makes the price of these come lower.

In loins of meat, the long pipe that runs by the bone should be taken out, as it is apt to taint; as also the kernels of beef. Rumps and edgebones of beef are often bruised by the blows the drovers give the beasts, and the part that has been struck always taints; therefore do not purchase these joints if bruised.

The shank-bones of mutton should be saved; and, after soaking and brushing, may be added to give richness to gravies or soups. They are also particularly nourishing for sick persons.

When sirloins of beef, or loins of veal or mutton, come in, part of the suet may be cut off for puddings, or to clarify.

Dripping will baste everything as well as butter, except fowls and game; and for kitchen pies, nothing else should be used.

The fat off a neck or loin of mutton makes a far lighter pudding than suet.

Meat and vegetables that the frost has touched should be soaked in cold water two or three hours before used, or more if they are much iced. Putting them into hot water, or to the fire, till thawed, makes it impossible for any heat to dress them properly afterwards.

In warm weather, meat should be examined well when it comes in; and if flies have touched it, the part must be cut off, and then well washed. In the height of summer, it is a very safe way to let meat that is to be salted lie an hour in very cold water, rubbing well any part likely to have been fly-blown; then wipe it quite dry, and have salt ready, and rub it thoroughly in every part, throwing a handful over it besides. Turn it every day, and rub the pickle in, which will make it ready for the table in three or four days. If to be very much corned, wrap it in a well-floured cloth, after rubbing it with salt. This last method will earn beef fit for the table the day it comes in, but it must be put into the pot when the water boils.

If the weather permit, meat eats much better for hanging two or three days before it is salted.

The water in which meat has been boiled makes an excellent soup for the poor, by adding to it vegetables, oat-meal, or peas. Roast-beef bones, or shank-bones of ham, make fine peas-soup; and should be boiled with the peas the day before eaten, that the fat may be taken off.

In some families great loss is sustained by the spoiling of meat. The best way to keep what is to be eaten unsalted, is, as before directed, to examine it well, wipe it every day, and put some pieces of charcoal over it. If meat is brought from a distance in warm weather, the butcher should cover it close, and bring it early in the morning; but even then, if it is to be kept on the road while he serves his customers who live nearest to him, it will very likely be fly-blown. This happens often in the country.

Boiling in a well-floured cloth will make meat white.

Particular care must be taken that the pot is well skimmed the *moment* it boils, otherwise the foulness will be dispersed over the meat. The more soups or broth are skimmed, the better and cleaner they will be.

Put the meat into cold water, and flour it well first. Meat boiled quick will be hard; but care must be taken that in boiling slow it does not stop, or the meat will be underdone. If the steam is kept in, the water will not lessen much; therefore when you wish it to boil away, take off the cover of the soup-pot.



Vegetables should not be dressed with meat, except carrots or parsnips with boiled beef, or turnips with mutton.

As to the length of time required for roasting and boiling, the size of the joint must direct; as also the strength of the fire, the nearness of the meat to it, and in boiling, the regular though slow progress it makes; for if the cook, when told to hinder the copper from boiling quick, let it stop from boiling up at all, the usual time will not be sufficient, and the meat will be underdone.

Weigh the meat, and allow for all solid joints a quarter of an hour for every pound, and some minutes (from ten to twenty) over, according as the family like it done. A ham of twenty pounds will take four hours and a half, and others in proportion. A tongue, if dry, takes four hours slow boiling after soaking; a tongue out of pickle, from two and a half to three hours, or more if very large; it must be judged by feeling whether it is very tender. A leg of pork, or of lamb, takes the full allowance of twenty minutes above a quarter of an hour to a pound. In roasting, beef of ten pounds will take above two hours and a half; twenty pounds will take three hours and three quarters. A neck of mutton will take an hour and a half, if kept at a proper distance. A chine of pork two hours.

The meat should be put at a good distance from the fire, and brought gradually nearer when the inner part becomes hot, which will prevent its being scorched while yet raw. Meat should be much basted; and when nearly done, floured to make it look frothed.

Veal and mutton should have a little paper put over the fat to preserve it. If not fat enough to allow for basting, a little good dripping answers as well as butter.

The cook should be careful not to run the spit through the best parts: and should observe that it be well cleaned before and at the time of serving, or a black stain appears on the meat. In many joints the spit will pass into the bones, and run along them for some distance, so as not to injure the prime of the meat: and the cook should have leaden skewers to balance it with; for want of which, ignorant servants are often troubled at the time of serving.

Salting meat before it is put to roast draws out the gravy; it should only be sprinkled when almost done.

A ready way to make gravy for all roast meats is to put a table spoonful of raw sugar in an iron ladle and burn it on a clear fire, when alight pour some boiling water on it into the dish.

Time, distance, basting often, and a clear fire of a proper

size for what is required, are the first articles of a good cook's attention in roasting.

When you wish fried things to look as well as possible, do them *twice* over with egg and crumbs. Bread that is not stale enough to grate quite fine, will not look well. The fat you fry in must always be boiling hot the moment the fish, meat, &c., are put in, and kept so till finished; a small quantity never fries well.

## VENISON.

### TO KEEP VENISON.

Preserve the venison dry, wash it with milk and water very clean, and dry it with clean cloths till not the least damp remains; then dust pounded ginger over every part, which is a good preventive against the fly. By thus managing and watching, it will hang a fortnight. When to be used, wash it with a little lukewarm water, and dry it. Pepper is likewise good to keep it.

### TO ROAST VENISON.

A haunch of buck will take three hours and a half or three quarters roasting; doe, only three hours and a quarter. Venison should be rather over than underdone.

Spread a sheet of white paper with butter, and put it over the fat, first sprinkling it with a little salt; then lay a coarse paste on strong paper, and cover the haunch; tie it with fine packthread, and set it a distance from the fire, which must be a good one. Baste it often; ten minutes before serving take off the paste, draw the meat nearer the fire, and baste it with butter and a good deal of flour to make it froth up well.

Gravy for it should be put into a boat, and not into the dish (unless there is none in the venison), and made thus:—Cut off the fat from two or three pounds of a loin of old mutton, and set it in steaks on a gridiron for a few minutes, just to brown one side; put them into a saucepan with a quart of water, cover quite close for an hour, and simmer it gently; then uncover it, and stew till the gravy is reduced to a pint. Season only with salt.

Currant jelly must be served in a boat.

Make the jelly-sauce thus:—Beat some currant-jelly and a spoonful or two of port wine, and set it over the fire till melted. Where jelly runs short, put more wine and a few lumps of sugar to the jelly, and melt as above.

### TO STEW A BREAST OR SHOULDER OF VENISON.

Let the meat hang till you think it fit to dress; then take out the bone, beat the meat with a rolling pin, lay

some slices of mutton fat, that have lain a few hours in a little port wine, among it; sprinkle a little pepper and allspice over in fine powder; roll it up tight, and tie it. Set it in a stewpan that will only just hold it, with some mutton or beef gravy, not strong, half a pint of port wine, some pepper, and allspice; simmer it, close covered, as slow as you can, for three or four hours; when quite tender, take off the tape, and set the meat in a dish; strain the gravy over it; serve with currant-jelly sauce. This is the best way to dress this joint, unless it is very fat, and then it should be roasted. The bone should be stewed with it.

### HASHED VENISON

Should be warmed with its own gravy, or some without seasoning, as before, and only warmed through, not boiled. If there is no fat left, cut some slices of mutton fat; set it on the fire with a little port wine and sugar; simmer till dry; then put to the hash, and it will eat as well as the fat of the venison.

## BEEF.

### TO KEEP BEEF.

The butcher should take out the kernels in the neck-pieces where the shoulder-shoulder is taken off—two from each round of beef: one in the middle, which is called the pope's eye; the other from the flap. There is also one in the thick flank, in the middle of the fat. If these are not taken out, especially in the summer, salt will be of no use for keeping the meat sweet. There is another kernel, between the rump and the edgebone. As the butchers seldom attend to this matter, the cook should take out the kernels, and then rub the salt well into such beef as is for boiling, and slightly sprinkle that which is for roasting.

The flesh of cattle that are killed when not perfectly cleared of food, soon spoils. They should fast twenty-four hours in winter, and double that time in summer, before being killed.

### TO SALT BEEF OR PORK FOR IMMEDIATE USE.

The piece should not weigh more than five or six pounds. Salt it very thoroughly just before you put it into the pot; take a coarse cloth, flour it well, put the meat in, and fold it up close; put it into a pot of boiling water, and boil it as long as you would any other salt beef

of the same size, and it will be as salt as if done four or five days.

Great attention is requisite in salting meat; and in the country, where large quantities are cured, this is of particular importance. Beef and pork should be well sprinkled, and a few hours afterwards hung to drain, before it is rubbed with salt, which method, by cleansing the meat from the blood, serves to keep it from tasting stroug. It should be turned every day, and if wanted soon should be rubbed as often. A salting-tub of lead may be used, and a cover to fit close. Those who use a good deal of salt meat will find it answer well to boil up the pickle, skim it, and, when cold, pour it over meat that has been sprinkled and drained.

**TO SALT BEEF RED, WHICH IS EXTREMELY GOOD TO EAT FRESH FROM THE PICKLE, OR TO HANG TO DRY.**

Choose a piece of beef with as little bone as you can (the flank is most proper), sprinkle it, and let it drain a day; then rub it with common-salt, saltpetre, and bay-salt, but only a small proportion of the saltpetre, and you may add a few grains of cochineal, all in fine powder. Rub the pickle every day into the meat for a week, then only turn it. It will be excellent in eight days. In sixteen, drain it from the pickle, and let it be smoked at the oven-mouth when heated with wood, or send it to the baker's. A few days will smoke it. A little of the coarsest sugar may be added to the salt. It eats well boiled tender with turnips or carrots. If to be grated as Dutch, then cut a *lean* bit, boil it till extremely tender, and while hot put it under a press. When cold, fold it in a sheet of paper, and it will keep in a dry place two or three months, ready for serving on bread and butter.

**THE DUTCH WAY TO SALT BEEF.**

Take a lean piece of beef; rub it well with treacle or brown sugar, and let it be turned often. In three days wipe it, and salt it with common salt and saltpetre beaten fine; rub these well in, and turn it every day for a fortnight; roll it tight in a coarse cloth, and press it under a large weight; hang it to dry in a wood-smoke, but turn it upside down every day; boil it in pump water, and press it; it will grate and cut in shivers, like Dutch beef.

**BEEF A-LA-MODE.**

Choose a piece of thick flank of a fine heifer or ox: cut into long slices some fat bacon, but quite free from

yellow ; let each bit be near an inch thick ; dip them into vinegar, and then into a seasoning ready prepared of salt, black pepper, allspice, and a clove, all in fine powder, with parsley, chives, thyme, savory, and knotted marjoram, shred as small as possible, and well mixed. With a sharp knife make holes deep enough to let in the larding ; then rub the beef over with the seasoning, and bind it up tight with tape ; set it in a well-tinned pot over a fire, or rather stove ; three or four onions must be fried brown and put to the beef, with two or three carrots, one turnip, a head or two of celery, and a small quantity of water ; let it simmer gently ten or twelve hours, or till extremely tender, turning the meat twice.

Put the gravy into a pan, remove the fat, keep the beef covered, then put them together, and add a glass of port wine ; take off the tape, and serve with the vegetables ; or you may strain them off, and send them up cut into dice for garnish. Onions roasted and then stewed with the gravy, are a great improvement. A tea-cupful of vinegar should be stewed with the beef.

#### TO STEW A RUMP OF BEEF.

Wash it well, and season it high with pepper, Cayenne, salt, allspice, three cloves, and a blade of mace, all in fine powder : bind it up tight, and lay it into a pot that will just hold it ; fry three large onions sliced, and put them to it, with three carrots, two turnips, a shallot, four cloves, a blade of mace, and some celery ; cover the meat with good beef broth, or weak gravy ; simmer it as gently as possible for several hours, till quite tender ; clear off the fat, and add to the gravy half a pint of port wine, a glass of vinegar, and a large spoonful of catchup ; simmer half an hour, and serve in a deep dish. Half a pint of table beer may be added. The herbs to be used should be burnet, tarragon, parsley, thyme, basil, savory, marjoram, pennyroyal, knotted marjoram, and some chives, if you can get them ; but observe to proportion the quantities to the pungency of the several sorts. Let there be a good handful altogether.

Garnish with carrots, turnips, or truffles and morels, or pickles of different colours, cut small, and laid in little heaps separate ; chopped parsley, chives, beetroot, &c. If, when done, the gravy is too much to fill the dish, take only a part to season for serving, but the less water the better, and to increase the richness, add a few beef bones and shanks of mutton in stewing. A spoonful or two of made mustard is a great improvement to the gravy. Rump



*roasted* is excellent; but in the country it is generally sold whole with the edgebone, or cut across instead of lengthways, as in London, where one piece is for boiling, and the rump for stewing or roasting. This must be attended to, the whole being too large a joint.

#### STEWED RUMP ANOTHER WAY.

Half roast it; then put it into a large pot with three pints of water, one of small beer, one of port wine, some salt, three or four spoonfuls of vinegar, two of catchup, a bunch of sweet herbs of various kinds (such as burnet, tarragon, parsley, thyme, basil, savory, pennyroyal, marjoram, knotted marjoram, and a leaf or two of sage), some onions, cloves, and Cayenne; cover it close, and simmer till quite tender; two or three hours will do it. When done, lay it into a deep dish, set it over hot water, and cover it close; skim the gravy; put in a few pickled mushrooms, truffles, morels, and oysters, if agreeable, but it is good without; thicken the gravy with flour and butter, and heat with the above, and pour over the beef. Force-meat balls of veal, anchovies, bacon, suet, herbs, spices, bread, and eggs to bind, are a great improvement.

#### TO STEW A BRISKET OF BEEF.

Put the part that has the hard fat into a stewpot with a small quantity of water; let it boil up, and skim it thoroughly; then add carrots, turnips, onions, celery, and a few pepper-corns. Stew till extremely tender; then take out the flat bones, and remove all the fat from the soup. Either serve that and the meat in a tureen, or the soup alone, and the meat on a dish, garnished with some vegetables. The following sauce is much admired, served with the beef:—Take half a pint of the soup, and mix it with a spoonful of catchup, a glass of port wine, a tea-spoonful of made mustard, a little flour, a bit of butter, and salt; boil all together a few minutes, then pour it round the meat; chop capers, walnuts, red cabbage, pickled cucumbers, and chives or parsley, small, and put in separate heaps over it.

#### TO PRESS BEEF.

Salt a bit of brisket, thin part of the flank, or the tops of the ribs, with salt and saltpetre five days; then boil it gently till extremely tender; put it under a great weight, or in a cheese-press, till perfectly cold.

It is excellently adapted for sandwiches.

### TO MAKE HUNTERS' BEEF.

To a round of beef that weighs twenty-five pounds take three ounces of saltpetre, three ounces of the coarsest sugar, an ounce of cloves, a nutmeg, half an ounce of allspice, and three handfuls of common salt, all in the finest powder.

The beef should hang two or three days; then rub the above well into it, and turn and rub it every day for two or three weeks. The bone must be taken out at first. When to be dressed, dip it into cold water, to take off the loose spice, bind it up tight with tape, and put it into a pan with a tea-cupful of water at the bottom; cover the top of the meat with shred suet, and the pan with a brown crust and paper, and bake it five or six hours. When cold, take off the paste and tape.

The gravy is very fine, and a little of it adds greatly to the flavour of any hash, soup, &c.

Both the gravy and the beef will keep some time.

The meat should be cut with a very sharp knife, and quite smooth, to prevent waste.

### AN EXCELLENT MODE OF DRESSING BEEF.

Hang three ribs three or four days; take out the bones from the whole length, sprinkle it with salt, roll the meat tight, and roast it. Nothing can look nicer. The above done with spices, &c., and baked as hunters' beef, is excellent.

### TO COLLAR BEEF.

Choose the thin end of the flank of fine mellow beef, but not too fat; lay it into a dish with salt and saltpetre, turn and rub it every day for a week, and keep it cool; then take out every bone and gristle, remove the skin of the inside part, and cover it thick with the following seasoning, cut small: a large handful of parsley, the same of sage, some thyme, marjoram, and pennyroyal, pepper, salt, and allspice; roll the meat up as tight as possible, and bind it; then boil it gently for seven or eight hours. A cloth must be put round before the tape; put the beef under a good weight while hot, without undoing it; the shape will then be oval. Part of a breast of veal, rolled in with the beef, looks and eats very well.

### BEEF STEAKS

Should be cut from a rump that has hung a few days; broil them over a very clear or charecoal fire; put into the dish a little minced shallot and a table-spoonful of catchup,

and rub a bit of butter on the steak the moment of serving. It should be turned often, that the gravy may not be drawn out on either side.

This dish requires to be eaten so hot and fresh done, that it is not in perfection if served with anything else. Pepper and salt should be added when taking it off the fire. A little shallot and good mustard is recommended.

#### TO MINCE BEEF.

Shred the underdone part fine, with some of the fat ; put it into a small stewpan, with some onion or shallot (a very little will do), a little water, pepper, and salt : boil it till the onion is quite soft, then put some of the gravy of the meat to it, and the mince. Do not let it boil. Have a small hot dish with sippets of bread ready, and pour the mince into it, but first mix a large spoonful of vinegar with it : if shallot-vinegar is used there will be no need of the onion, nor the raw shallot.

#### TO HASH BEEF.

Do it the same as in the last receipt ; only the meat is to be in slices, and you may add a spoonful of walnut-liquor or eatchup.

Observe, that it is owing to *boiling* hashes or minces that they get hard. All sorts of stews, or meat dressed a second time, should be only simmered ; and this last only hot through.

#### BEEF A-LA-VINAIGRETTE.

Cut a slice of underdone boiled beef three inches thick, and a little fat ; stew it in half a pint of water, a glass of white wine, a bunch of sweet herbs, an onion, and a bay leaf ; season it with three cloves pounded, and pepper, till the liquor is nearly wasted away, turning it once. When cold, serve it. Strain off the gravy and mix it with a little vinegar for sauce.

#### ROUND OF BEEF

Should be carefully salted and wet with the pickle for eight or ten days. The bone should be cut out first, and the beef skewered and tied up to make it quite round. It may be stuffed with parsley, if approved ; in which case the holes to admit the parsley must be made with a sharp-pointed knife, and the parsley coarsely cut and stuffed in tight. As soon as it boils, it should be skimmed, and afterwards kept boiling very gently.

## ROLLED BEEF THAT EQUALS HARE.

Take the inside of a large sirloin, soak it in a glass of port wine and a glass of vinegar mixed, for forty-eight hours ; have ready a very fine stuffing, and bind it up tight. Roast it on a hanging spit ; and baste it with a glass of port wine, the same quantity of vinegar, and a tea-spoonful of pounded allspice. Larding it improves the look and flavour ; serve with a rich gravy in the dish : currant-jelly and melted butter, in tureens.

## TO ROAST TONGUE AND UDDER

After cleaning the tongue well, salt it with common salt and saltpetre three days ; then boil it, and likewise a fine young udder, with some fat to it, till tolerably tender : then tie the thick part of one to the thin part of the other, and roast the tongue and udder together.

Serve them with good gravy and currant-jelly sauce. A few cloves should be stuck in the udder. This is an excellent dish.

Some people like neats' tongues cured with the root, in which case they look much larger ; but otherwise the root must be cut off close to the gullet, next to the tongue, but without taking away the fat under the tongue. The root must be soaked in salt and water, and extremely well cleaned before it is dressed ; and the tongue should be laid in salt for a day and a night before pickled.

## TO PICKLE TONGUES FOR BOILING.

Cut off the root, but leave a little of the kernel and fat. Sprinkle some salt, and let it drain from the slime till next day : then for each tongue mix a large spoonful of common salt, the same of coarse sugar, and about half as much of saltpetre ; rub it well in, and do so every day. In a week add another heaped spoonful of salt. If rubbed every day, a tongue will be ready in a fortnight ; but if only turned in the pickle daily, it will keep four or five weeks without being too salt.

When you dry tongues write the date on a parchment and tie it on. Smoke them or dry them plain, if you like best.

When it is to be dressed, boil it till extremely tender ; allow five hours ; and if done sooner, it is easily kept hot. The longer kept after drying, the higher it will be : if hard, it may require soaking three or four hours.

## ANOTHER WAY.

Clean as above : for two tongues allow an ounce of saltpetre, and an ounce of sal-prunella ; rub them well. In

two days after well rubbing, cover them with common salt, turn them every day for three weeks, then dry them, and rub over them bran, and smoke them. In ten days they will be fit to eat. Keep in a cool dry place.

### TO STEW TONGUE.

Salt a tongue with saltpetre and common salt for a week, turning it every day. Boil it tender enough to peel; when done, stew it in a moderately-strong gravy; season with soy, mushroom catchup, Cayenne, pounded cloves, and salt if necessary.

Serve with truffles, morels, and mushrooms. In both this receipt and the next, the roots must be taken off the tongues before salting, but some fat left.

### BAKED TONGUE TO EAT COLD.

Season with common salt and saltpetre, brown sugar, a little bay-salt, pepper, cloves, mace, and allspice, in fine powder, for a fortnight; then take away the pickle, put the tongue into a small pan, and lay some butter on it; cover it with a brown crust, and bake slowly till so tender that a straw would go through it.

The thin part of tongues, when hung up to dry, grates like hung beef, and also makes a fine addition to the flavour of omelets.

### BEEF HEART.

Wash it carefully: stuff as hare; and serve with rich gravy, and currant-jelly sauce.

Hash with the same, and port wine.

### STEWED OX CHEEK, PLAIN.

Soak and cleanse a fine cheek the day before it is to be eaten; put it into a stewpot that will cover close, with three quarts of water: simmer it after it has first boiled up and been well skimmed. In two hours put plenty of carrots, leeks, two or three turnips, a bunch of sweet herbs, some whole pepper, and four ounces of allspice. Skim it often; when the meat is tender take it out; let the soup get cold, take off the cake of fat, and serve the soup separate or with the meat.

It should be of a fine brown, which may be done by burnt sugar; or by frying some onions quite brown with flour, and simmering them with it. This last way improves the flavour of all soups and gravies of the brown kind.

If vegetables are not approved in the soup, they may be



taken out, and a small roll be toasted or bread fried and added. Celery is a great addition, and should always be served. Where it is not to be got, the seed of it gives quite as good a flavour, boiled in and strained off.

### OX CHEEK BOUILLI.

Soak half a head three hours, and clean it with plenty of water. Take the meat off the bones, and put it into a pan with a large onion, a bunch of sweet herbs, some bruised allspice, pepper, and salt.

Lay the bones on the top; pour on two or three quarts of water and cover the pan close with brown paper, or a dish that will fit close. Let it stand eight or ten hours in a slow oven; or simmer it by the side of the fire, or on a hot hearth. When done tender, put the meat into a clean pan, and let it get cold. Take the cake of fat off, and warm the head in pieces in the soup. Put what vegetables you choose.

### MARROW BONES.

Cover the top with floured cloth; boil them and serve with dry toast.

### TRIPE

May be served in a tureen, stewed with milk and onion till tender. Melted butter for sauce.

Or fry it in small bits, dipped in batter.

Or stew the thin part, cut into bits, in gravy; thicken with flour and butter, and add a little catchup.

Or frieassee it with white sauce.

### SOUSED TRIPE.

Boil the tripe, but not quite tender: then put it into salt and water, which must be changed every day till it is all used. When you dress the tripe, dip it into a batter of flour and eggs, and fry it of a good brown.

### OX FEET OR COW HEELS

May be dressed in various ways, and are very nutritious in all.

Boil them; and serve in a napkin, with melted butter, mustard, and a large spoonful of vinegar.

Or boil them very tender, and serve them as a brown frieassee: the liquor will do to make jelly sweet or relishing, and likewise to give richness to soups or gravies.

Or cut them into four parts, dip them into an egg, and

then flour and fry them; and fry onions (if you like them), to serve round. Sauce as above.

Or bake them as for mock turtle.

#### BUBBLE AND SQUEAK.

Boil, chop, and fry it, with a little butter, pepper and salt, some cabbage and onion, and lay it on slices of under-done beef, lightly fried.

### VEAL.

#### TO KEEP VEAL.

The first part that turns bad of a leg of veal, is where the udder is skewered back. The skewer should be taken out, and both that and the part under it wiped every day, by which means it will keep good three or four days in hot weather. Take care to cut out the pipe that runs along the chine of a loin of veal, as you do of beef, to hinder it from tainting. The skirt of the breast of veal is likewise to be taken off; and the inside of the breast wiped and scraped, and sprinkled with a little salt.

#### FILLET OF VEAL.

Let the fillet be cut large or small as best suits the number of your company. Take out the bone, fill the space with a fine stuffing, and let it be skewered quite round; and send the large side uppermost. When half-roasted, if not before, put a paper over the fat; and take care to allow a sufficient time, and put it a good distance from the fire, as the meat is very solid: serve with melted butter and brown gravy poured over it.

#### KNUCKLE OF VEAL.

As few people are fond of boiled veal, it may be well to leave the knuckle small, and take off some cutlets or collops before it is dressed; but as the knuckle will keep longer than the fillet, it is best not to cut off the slices till wanted. Break the bones to make it take less room: wash it well; and put it into a saucepan with three onions, a blade of mace or two, and a few pepper-corns; cover it with water, and simmer till quite ready. In the meantime some macaroni should be boiled with it, if approved, or rice, or a little rice flour, to give it a small degree of thickness: but do not put too much. Before it is served, add half-a-pint of milk and cream, and let it come up either with or without the meat.

Or fry the knuckle with sliced onions and butter to a good brown; and have ready peas, lettuces, onion, and a

cucumber or two, stewed in a small quantity of water an hour: then add these to the veal; and stew it till the meat is tender enough to eat, but not overdone. Throw in pepper, salt, and a bit of shred mint, and serve all together.

#### SHOULDER OF VEAL.

Cut off the knuckle, for a stew or gravy. Roast the other part with stuffing: you may lard it. Serve with melted butter.

The blade-bone, with a good deal of meat left on, eats extremely well with mushroom or oyster sauce, or mushroom catchup in butter.

#### NECK OF VEAL.

Cut off the serag to boil, and cover it with onion sauce. It should be boiled in milk and water. Parsley and butter may be served with it, instead of onion sauce.

Or it may be stewed with whole rice, small onions, and pepper-corns, with a very little water.

Or boiled and eaten with bacon and greens.

The best end may be either roasted, broiled as steaks, or made into pies.

#### NECK OF VEAL A-LA-BRAISE.

Lard the best end with bacon rolled in parsley chopped fine, salt, pepper, and nutmeg; put it into a tosser, and cover it with water. Put to it the serag end, a little lean bacon or ham, an onion, two earrots, two heads of celery, and about a glass of Madeira wine. Stew it quick two hours, or till it is tender, but not too much. Strain off the liquor; mix a little flour and butter in a stewpan till brown, and lay the veal in this, the upper side to the bottom of the pan. Let it be over the fire till it gets coloured: then lay it into the dish, stir some of the liquor in and boil it up, skim it nicely, and squeeze orange or lemon-juice into it.

#### BREAST OF VEAL.

Before roasted, if large, the two ends may be taken off and fried to stew, or the whole may be roasted.

Melted butter should be poured over it.

If any be left, cut the pieces into handsome sizes, put them into a stewpan, and pour some broth over it; or if you have no broth, a little water will do; add a bunch of herbs, a blade or two of mace, some pepper, and an anchovy; stew till the meat is tender, thicken with butter

and flour, and add a little catchup; or the whole breast may be stewed, after cutting off the two ends.

Serve the sweetbread whole upon it: which may either be stewed or parboiled, and then covered with crumbs, herbs, pepper and salt, and browned in a Dutch oven.

If you have a few mushrooms, truffles, and morels, stew them with it, and serve.

Boiled breast of veal, smothered with onion or oyster-sauce, is an excellent dish, if not old or over fat.

#### TO ROLL A BREAST OF VEAL.

Bone it, take off the thick skin and gristle, and beat the meat with a rolling-pin. Season it with herbs chopped very fine, mixed with salt, pepper, and mace. Lay some thick slices of fine ham; or roll into it two or three calves' tongues of a fine red, boiled first an hour or two and skimmed. Bind it up tight in a cloth, and tape it. Set it over the fire to simmer in a small quantity of water till it is quite tender. This will take some hours. Lay it on the dresser, with a board and weight on it till quite cold.

Pigs' or calves' feet, boiled and taken from the bones, may be put in or round it. The different colours, laid in layers, look well when cut; and you may put in yolks of eggs boiled, beet-root, grated ham, and chopped parsley, in different parts.

#### ANOTHER WAY.

When it is cold, take off the tape, and pour over it the liquor, which must be boiled up twice a week, or it will not keep.

#### CHUMP OF VEAL A-LA-DAUBE.

Cut off the chump end of the loin; take out the edge-bone; stuff the hollow with good forcemeat; tie it up tight, and lay it in a stewpan with the bone you took out, a little faggot of herbs, an anchovy, two blades of mace, a few white peppers, and a pint of good veal broth. Cover the veal with slices of fat bacon, and lay a sheet of white paper over it. Cover the pan close, simmer it two hours, then take out the bacon, and glaze the veal. Serve it on mushrooms, or with sorrel sauce, or what else you please.

#### VEAL ROLLS OF EITHER COLD MEAT OR FRESH.

Cut thin slices, and spread on them a seasoning of fine bread crumbs, a little chopped bacon or scraped ham, and a little suet, parsley, and shallot (or instead of the parsley and shallot, some fresh mushrooms, stewed

and minced), pepper, salt, and a small piece of pounded mace.

This stuffing may either fill up the roll like a sausage, or be rolled with the meat. In either case tie it up very tight, and stew it very slowly in a gravy and a glass of sherry.

#### HARICOT OF VEAL.

Take the best end of a small neck; cut the bones short, but leave it whole; then put it into a stewpan, just covered with brown gravy, and, when it is nearly done, have ready a pint of boiled peas, six cucumbers pared and sliced, and two cabbage lettuces cut into quarters, all stewed in a little good broth; put them to the veal, and let them simmer ten minutes. When the veal is in the dish, pour the sauce and vegetables over it, and lay the lettuce with forcemeat balls round it.

#### A DUNELM OF VEAL OR FOWL.

Stew a few small mushrooms in their own liquor and a bit of butter a quarter of an hour; mince them very small, and add them (with their liquor) to minced veal, with also a little pepper and salt, some cream, and a bit of butter rubbed in less than half a tea-spoonful of flour. Simmer five minutes, and serve on thin sippets of bread. Whence came the name of this dish is a problem we cannot solve.

#### MINCED VEAL.

Cut cold veal as fine as possible, but do not chop it; put to it a very little lemon-peel shred, two grates of nutmeg, some salt, and four or five spoonfuls of either a little weak broth, milk, or water; simmer these gently with the meat, but take care not to let it boil, and add a bit of butter rubbed in flour; put sippets of thin toasted bread, cut into a three-cornered shape, round the dish.

#### TO POT VEAL.

Cold fillet makes the finest potted veal, or you may do it as follows:—

Season a large slice of the fillet before it is dressed, with some mace, peppercorns, and two or three cloves; lay it close into a potting-pan that will but just hold it, fill it up with water, and bake it three hours; then pound it quite small in a mortar, and add salt to taste; put a little gravy that was baked to it in pounding, if to be eaten soon, otherwise only a little butter, just melted. When done, cover it over with butter.



## POTTED VEAL OR CHICKEN WITH HAM.

Pound some cold veal or white of chicken, seasoned as directed in the last article, and put layers of it with layers of ham pounded or rather shred; press each down, and cover with butter.

## VEAL CUTLETS.

Fry them; lay them into a dish, and keep them hot; dredge a little flour, and put a bit of butter into the pan; brown it, then pour some boiling water into it, and boil quick; season with pepper, salt, and catchup, and pour over them.

Or, prepare as above, and roast them in a Dutch oven; pour over them melted butter, and mushrooms.

Or pepper, salt, and broil them, especially neck-steaks. They are excellent without herbs.

## TO DRESS COLLOPS QUICK.

Cut them as thin as paper, with a very sharp knife, and in small bits; throw the skin, and any odd bits of the veal into a little water, with a dust of pepper and salt; set them on the fire while you beat the collops, and dip them into a seasoning of herbs, bread, pepper, salt, and a scrape of nutmeg, but first wet them in egg; then put a bit of butter into a frying-pan, and give the collops a very quick fry; for as they are so thin, two minutes will do them on both sides; put them into a hot dish before the fire; then strain and thicken the gravy, give it a boil in the frying-pan, and pour it over the collops. A little catchup is an improvement.

## ANOTHER WAY.

Fry them in butter, only seasoned with salt and pepper; then simmer them in gravy, either white or brown, with bits of bacon served with them.

If white, add lemon-peel and mace, and some cream.

## SCALLOPS OF COLD VEAL OR CHICKEN.

Mince the meat extremely small, and set it over the fire with a scrape of nutmeg, a little pepper and salt, and a little cream, for a few minutes; then put it into the scallop-shells, and fill them with crumbs of bread, over which put some bits of butter, and brown them before the fire.

Either veal or chicken looks and eats well prepared in

this way, and lightly covered with crumbs of fried bread; or the crumbs may be put on little heaps.

#### VEAL CAKE.

Boil six or eight eggs hard; cut the yolks in two, and lay some of the pieces in the bottom of the pot: shake in a little chopped parsley, some slices of veal and ham, add then eggs again: shaking in after each some chopped parsley, with pepper and salt, till the pot is full. Then put in water enough to cover it, and lay on it about an ounce of butter; tie it over with a double paper, and bake it about an hour. Then press it close together with a spoon, and let it stand till cold.

It may be put into a small mould: and then it will turn out beautifully for a supper dish.

#### VEAL SAUSAGES.

Chop equal quantities of lean veal and fat bacon, a handful of sage, a little salt, pepper, and a few anchovies. Beat all in a mortar; and when used roll and fry it, and serve with fried sippets, or on stewed vegetables, or on white collops.

#### SCOTCH COLLOPS.

Cut veal into thin bits about three inches over, and rather round; beat with a rolling-pin, and grate a little nutmeg over them; dip into the yolk of an egg; and fry them in a little butter of a fine brown: pour the butter off: and have ready warm to pour upon them half a pint of gravy, a little bit of butter rubbed into a little flour, a yolk of egg, two large spoonfuls of cream, and a bit of salt. Do not boil the sauce, but stir it till of a fine thickness to serve with the collops.

#### TO BOIL CALF'S HEAD.

Clean it very nicely, and soak it in water, that it may look very white; take out the tongue to salt, and the brains to make a little dish. Boil the head extremely tender; then strew it over with crumbs and chopped parsley, and brown them: or, if liked better, leave one side plain. Serve bacon and greens to eat with it.

The brains must be boiled; and then mixed with melted butter, scalded sage chopped, pepper and salt.

If any of the head is left, it may be hashed next day, and a few slices of bacon just warmed and put round.

Cold calf's head eats well if grilled.

## TO HASH CALF'S HEAD.

When half boiled, cut off the meat in slices, half an inch thick, and two or three inches long: brown some butter, flour, and sliced onion, and throw in the slices, with some good gravy, truffles, and morels: give it one boil, skim it well, and set it in a moderate heat to simmer till very tender. Season with pepper, salt, and Cayenne, at first: and ten minutes before serving, throw in some shred parsley, and a very small bit of tarragon and knotted marjoram cut as fine as possible; just before you serve, add the squeeze of a lemon. Foreemeat balls, and bits of bacon rolled round.

## CALF'S HEAD A LA CAREME.

Boil the head almost enough, and take the meat of the best side neatly off the bone with a sharp knife; lay this into a small dish, wash it over with the yolks of two eggs, and cover it with crumbs, a few herbs nicely shred, a little pepper and salt, and a grate of nutmeg, all mixed together first. Set the dish before the fire; and keep turning it now and then, that all parts of the head may be equally brown. In the meantime slice the remainder of the head and the tongue, but first peel the tongue: put a pint of good gravy into a pan, with an onion, a small bunch of herbs consisting of parsley, basil, savory, tarragon, knotted marjoram, and a little thyme, a little salt and Cayenne, a shallot, a glass of sherry, and a little oyster-liquor. Boil this for a few minutes, and strain it upon the meat, which should be dredged with some flour. Add some mushrooms, either fresh or pickled, a few truffles and morels, and two spoonfuls of catchup; then beat up half the brains, and put this to the rest with a bit of butter and flour. Simmer the whole.

Beat the other part of the brains with shred lemon-peel, a little nutmeg and mace, some parsley shred, and an egg. Then fry it in little cakes of a beautiful yellow-brown. Dip some oysters into the yolk of an egg, and do the same; and also some relishing foreemeat balls made as for mock turtle. Garnish with these, and small bits of bacon just made hot before the fire.

## CALF'S HEAD FRICASSEED.

Clean and half-boil half a head; cut the meat into small bits, and put it into a tosser, with a little gravy made of the bones, some of the water it was boiled in, a bunch of sweet herbs, an onion, and a blade of mace. If you have any young cockerels in the house, use the cockseombs; but

first boil them tender and blanch them ; or a sweetbread will do as well. Season the gravy with a little pepper, nutmeg, and salt, rub down some flour and butter, and give all a boil together ; then take out the herbs and onion, and add a little cup of cream, but do not boil it in.

Serve with small bits of bacon rolled round, and balls.

#### COLLARED CALF'S HEAD.

Scald the skin of a fine head, clean it nicely, and take out the brains. Boil it tender enough to remove the bones ; then have ready a good quantity of chopped parsley, mace, nutmeg, salt, and white pepper, mixed well : season it high with these ; lay the parsley in a thick layer, then a quantity of thick slices of fine ham, or a veal's tongue skinned, and then the yolks of six nice yellow eggs stuck here and there about. Roll the head quite close, and tie it up as tight as you can. Boil it, and then lay a weight on it. A cloth must be put under the tape, as for other collared dishes.

#### PORK.

Hogs are kept to a large size ; the chine (or backbone) is cut down on each side, the whole length, and is a prime part either boiled or roasted.

The sides of the hog are made into bacon, and the inside is cut out with very little meat to the bone. On each side there is a large spare-rib, which is usually divided into two, one sweet-bone, and a blade-bone. The bacon is the whole outside, and contains a fore-leg and a ham ; which last is the hind-leg, but if left with the bacon is called a gammon. There are also griskins. Hog's lard is the inner fat of the bacon-hog.

Porkers are not so old as hogs ; their flesh is whiter and less rich, but it is not so tender. It is divided into four quarters. The fore-quarter has the spring or fore-leg, the fore-loin or neck, the spare-rib and griskin. The hind has the leg and the loin.

The feet of pork make various good dishes, and should be cut off before the legs are cured. Observe the same of the ears.

The bacon-hog is sometimes scalded to take off the hair, and sometimes singed. The porker is always scalded.

#### TO ROAST A LEG OF PORK.

Choose a small leg of fine young pork : cut a slit in the knuckle with a sharp knife ; and fill the space with sage and onion chopped, and a little pepper and salt.

When half-done, score the skin in slices, but do not cut deeper than the outer rind.

Apple sauce and potatoes should be served to eat with it.

#### LEG OF PORK BOILED.

Salt it eight or ten days : when it is to be dressed, weigh it ; let it lie half an hour in cold water to make it white ; allow a quarter of an hour for every pound, and half an hour over, from the time it boils up : skim it as soon as it boils, and frequently after. Allow water enough. Save some of it to make peas soup. Some boil it in a very nice cloth, floured ; which gives a very delicate look. It should be small and of a fine grain.

Serve peas pudding and turnips with it.

#### LOIN AND NECK OF PORK.

Roast them. Cut the skin of the loin across, at distances of half an inch, with a sharp penknife.

#### SHOULDERS AND BREASTS OF PORK.

Put them into pickle, or salt the shoulders as the leg ; when very nice they may be roasted.

#### ROLLED NECK OF PORK.

Bone it ; put a foremeat of chopped sage, a very few crumbs of bread, salt, pepper, and two or three berries of allspice, over the inside ; then roll the meat as tight as you can, and roast it slowly, and at a good distance at first.

#### SPRING OR FOREHAND OF PORK.

Cut out the bone ; sprinkle salt, pepper, and sage, dried, over the inside ; but first warm a little butter to baste it, and then flour it ; roll the pork tight, and tie it ; then roast by a hanging-jack. About two hours will do it.

#### SPARE-RIB ROASTED

Should be basted with very little butter and a little flour, and then sprinkled with dried sage, crumbled. Serve with apple sauce, and potatoes.

#### PORK GRISKIN

Is usually very hard ; the best way to prevent this is, to put it into as much cold water as will cover it, and let it boil up ; then instantly take it off, and put it into a Dutch oven ; a very few minutes will do it. Remember to rub butter over it, and then flour it, before you put it to the fire.



**BLADE-BONE OF PORK**

Is taken from the bacon-hog ; the less meat left on it in moderation the better. It is to be broiled ; and when just done, pepper and salt it. Put to it a piece of butter, and a tea-spoonful of mustard : and serve it covered, quickly. This is a Somersetshire dish.

**TO DRESS PORK AS LAMB.**

Kill a young pig of four or five months old : cut up the fore-quarter for roasting as you do lamb, and truss the shank close. The other parts will make delicate pickled pork ; or steaks, pies, &c.

**PORK STEAKS.**

Cut them from a loin or neck, and of middling thickness ; pepper and broil them, turning them often ; when nearly done, put on salt, rub a bit of butter over, and serve the moment they are taken off the fire, a few at a time.

**OXFORD SAUSAGES.**

Chop a pound and a half of pork, and the same of veal, cleared of skin and sinews ; and three quarters of a pound of beef-suet ; mince and mix them : steep the crumb of a penny-loaf in water, and mix it with the meat, with also a little dried sage, pepper, and salt.

It is fried in small lumps—not put in skins.

**TO SCALD A SUCKING PIG.**

The moment the pig is killed, put it into cold water for a few minutes : then rub it over with a little resin beaten extremely small, and put it into a pail of scalding water half a minute : take it out, lay it on a table and pull off the hair as quickly as possible ; if any part does not come off put it in again. When quite clean, wash it well with warm water, and then in two or three cold waters, that no flavour of the resin may remain. Take off all the feet at the first joint ; make a slit down the belly, and take out the entrails ; put the liver, heart, and lights to the feet. Wash the pig well in cold water, dry it thoroughly, and fold it in a wet cloth to keep it from the air.

**TO ROAST A SUCKING PIG.**

If you can get it when just killed, this is of great advantage. Let it be scalded, which the dealers usually do : then put some sage, crumbs of bread, salt, and pepper, into the belly, and sew it up. Observe to skewer the legs back, or the under part will not crisp.

Lay it to a brisk fire till thoroughly dry ; then have ready some butter in a dry cloth, and rub the pig with it in every part. Dredge as much flour over as will possibly lie, and do not touch it again till ready to serve ; then scrape off the flour very carefully with a blunt knife, rub it well with the buttered cloth, and take off the head while at the fire ; take out the brains, and mix them with the gravy that comes from the pig. Then take it up, and without withdrawing the spit, cut it down the back and belly, lay it into the dish, and chop the sage and bread quickly as fine as you can, and mix them with a large quantity of fine melted butter that has very little flour. Put the sauce into the dish after the pig has been split down the back, and garnished with the ears and the two jaws ; take off the upper part of the head down to the snout.

In Devonshire it is served whole, if very small ; the head only being cut off, to garnish as above.

#### PETTITOEES.

Boil them, the liver, and the heart, in a small quantity of water, very gently ; then cut the meat fine, and simmer it with a little of the water, and the feet split, till the feet are quite tender : thicken with a bit of butter, a little flour, a spoonful of cream, and a little salt and pepper : give it a boil up, pour it over a few sippets of bread, and put the feet on the mince.

#### HOG'S HEAD AS BRAWN.

Split the head, take out the brains, cut off the ears, and sprinkle it with common salt for a day ; then drain it : salt it well with common salt and saltpetre three days ; then lay the salt and head into a small quantity of water for two days. Wash it, and boil till all the bones will come out ; remove them, and chop the head as quick as possible ; but first skin the tongue, and take the skin carefully off the head, to put under and over. Season with pepper, salt, and a little mace or allspice whole. Put the skin into a small pan, and tho chopped meat into it, and the other skin over that, and press it down. When cold, it will turn out, and make a kind of brawn. If too fat, you may put a few bits of lean pork to be prepared the same way. Boil vinegar and salt with some of the liquor for a pickle to keep it.

#### TO ROAST PORKER'S HEAD.

Choose a fine young head, clean it well, and put bread and sage as for pig ; sew it up tight, and on a string or

hanging jack roast or bake it as a pig, and serve with the same sauce.

#### TO PREPARE PIG'S CHEEK FOR BOILING.

Cut off the snout, and cleave the head; divide it, and take out the eyes and the brains: sprinkle the head with salt, and let it drain twenty-four hours. Salt it with common salt and saltpetre; let it lie eight or ten days if to be dressed without stewing with peas, but less if to be dressed with peas; and it must be washed first, and then simmered till all is tender.

#### COLLARED PIG'S HEAD.

Scour the head and ears nicely; take off the hair and snout, and take out the eyes and the brain; lay it into water one night; then drain, salt it extremely well with common salt and saltpetre, and let it lie five days. Boil it enough to take out the bones; then lay it on a dresser, turning the thick end of one side of the head towards the thin end of the other, to make the roll of equal size; sprinkle it well with salt and white pepper, and roll it with the ears; and if you approve, put the pig's feet round the outside when boned, or the thin parts of two cow-heels. Put it in a cloth, bind with a broad tape, and boil it till quite tender: then put a good weight upon it, and do not take off the covering till cold.

If you choose it to be more like brawn, salt it longer, and let the proportion of saltpetre be greater; and put in also some pieces of lean pork; and then cover it with cow-heel, to look like the horn.

This may be kept either in or out of pickle of salt and water boiled with vinegar; and is a very convenient thing to have in the house.

You may slice and fry it, either with or without batter.

#### TO DRY HOG'S CHEEKS.

Cut out the snout, remove the brains, and split the head, taking off the upper bone, to make the jowl a good shape; rub it well with salt; next day take away the brine, and salt it again the following day: cover the head with half an ounce of saltpetre, two ounces of bay salt, a little common salt, and four ounces of coarse sugar. Let the head be often turned; after ten days smoke it for a week like bacon.

#### HOG'S EARS FARCE.

Parboil two pair of ears, or take some that have been soused; make a forcemeat of an anchovy, some sage, pars-

ley, a quarter of a pound of suet chopped, bread crumbs, pepper, and only a little salt. Mix all these with the yolks of two eggs; raise the skin of the upper side of the ears, and stuff them with the above. Fry the ears in fresh butter, of a fine colour; then pour away the fat, and drain them: make ready half a pint of rich gravy, with a glass of fine sherry, three tea-spoonfuls of made mustard, a little flour and butter, a small onion whole, and a little pepper or Cayenne. Put this with the ears into a stew-pan, and cover it close; stew it gently for half an hour, shaking the pan often. When done enough, take out the onion, place the ears carefully in a dish, and pour the sauce over them. If a larger dish is wanted, the meat from two feet may be added to the above.

#### PIG'S FEET AND EARS FRIED.

Clean carefully, and soak some hours, and boil them tender; then take them out; boil some vinegar and a little salt with some of the water, and when cold put it over them. When they are to be dressed, dry them, cut the feet in two, and slice the ears; fry, and serve with butter, mustard, and vinegar. They may be either done in batter, or only floured.

#### PIG'S FEET AND EARS FRICASSEED.

Cut the feet and ears into neat bits, and boil them in a little milk: then pour that from them, and simmer in a little veal broth, with a bit of onion, mace, and lemon-peel. Before you serve, add a little cream, flour, butter, and salt.

#### JELLY OF PIG'S FEET AND EARS.

Clean and prepare as in the last article, then boil them in a very small quantity of water till every bone can be taken out; throw in half a handful of chopped sage, the same of parsley, and a seasoning of pepper, salt, and mace, in fine powder; simmer till the herbs are scalded, then pour the whole into a melon-form.

#### PIG'S HARSLET.

Wash and dry some liver. sweetbreads, and fat and lean bits of pork, beating the latter with a rolling-pin to make it tender; season with pepper, salt, sage, and a little onion shred fine; when mixed, put all into a caul and fasten it up tight with a needle and thread. It may be roasted, or serve it in slices, with parsley for a fry.

Serve with a sauce of port wine and water and mustard, just boiled up and put into the dish.

### MOCK BRAUN.

Boil a pair of neat's feet very tender; take the meat off, and have ready the belly-piece of pork salted with common salt and saltpetre for a week. Boil this almost enough; take out any bones, and roll the feet and the pork together. Then roll it very tight with a strong cloth and coarse tape. Boil it till very tender, then hang it up in the cloth till cold; after which keep it in a sousing-liquor, as is directed in the next article.

### SOUSE FOR BRAUN, AND FOR PIG'S FEET AND EARS.

Boil a quarter of a peck of wheat-bran, a sprig of bay, and a sprig of rosemary, in two gallons of water, with four ounces of salt in it, for half an hour. Strain it, and let it get cold.

### TO MAKE BLACK PUDDINGS.

The blood must be stirred with salt till cold. Put a quart of it, or rather more, to a quart of whole grits, to soak one night; and soak the crumb of a quartern loaf in rather more than two quarts of new milk made hot. In the meantime prepare the guts by washing, turning and scraping with salt and water, and changing the water several times. Chop fine a little winter savory and thyme, a good quantity of penny-royal, pepper and salt, a few cloves, some allspice, ginger and nutmeg; mix these with three pounds of beef-suet, and six eggs well beaten and strained; and then beat up the bread, grits, &c., with the seasoning: when well mixed, have ready some hog's fat cut into large bits; and as you fill the skins, put it in at proper distances. Tie in links, only half filled: and boil in a large kettle, pricking them as they swell, or they will burst. When boiled, lay them between clean cloths till cold, and hang them up in the kitchen. When to be used, scald them a few minutes in water, wipe and put them into a Dutch oven.

If there are not skins enough, put the stuffing into basins, and boil it covered with floured cloths; and slice and dry it when used.

### ANOTHER WAY.

Soak all night a quart of bruised grits in as much boiling-hot milk as will swell them and leave half a pint of liquid. Chop a good quantity of penny-royal, some savory



and thyme, salt, pepper, and allspice, finely powdered. Mix the above with a quart of the blood, prepared as before directed; then half fill the skins, after they have been cleaned thoroughly, and put as much of the leaf (that is the inward fat) of the pig as will make it pretty rich. Boil, as before directed. A small quantity of leeks, finely shred and well mixed, is a great improvement.

#### WHITE HOG'S PUDDING.

When the skins have been soaked and cleaned as before directed, rinse and soak them all night in rose-water, and put into them the following filling:—Mix half a pound of blanched almonds cut into seven or eight bits, with a pound of grated bread, two pounds of marrow or suet, a pound of currants, some beaten cinnamon, cloves, mace, and nutmeg, a quart of cream, the yolks of six and whites of two eggs, a little orange-flower water, a little fine Lisbon sugar, and some lemon-peel and citron sliced, and half fill the skins. To know whether sweet enough, warm a little in a pannikin. In boiling, much care must be taken to prevent the puddings from bursting. Prick them with a small fork as they rise, and boil them in milk and water. Lay them in a table-cloth till cold.

#### YORK-HOUSE HAM.

Any person who has breakfasted, lunched, dined, or supped at the York House, Bath, if ham formed part of the repast, could not fail to be struck with its peculiarly fine flavour. The late Mr. Reilly was so obliging as to impart to us the secret by which his hams had obtained such celebrity, and we have now the satisfaction of giving it to the public. After being well cleaned in fair water, and all the exterior dirt, salt, &c. removed by a scrubbing-brush, the ham was soaked in warm water sufficiently long to remove the outside skin, then trimmed, placed in a large stewpan, and slowly cooked, but not in water,—and here lies the secret,—the liquid used for the purpose was SWEET WORT. The effect produced on the meat, both in firmness and flavour, was absolutely superior to the *mis-application* of champagne. We have eaten in France ham boiled in this expensive wine, and can only observe that it was a wicked waste of a most delicious creature comfort.

#### TO DRESS HAMS.

If long hung, put the ham into water a night; and let it lie either in a hole dug in the earth, or on damp stone

sprinkled with water, two or three days, to mellow; covering it with a heavy tub, to keep vermin from it. Wash well, and put it into a boiler with plenty of water; let it simmer four, five, or six hours, according to the size. When done enough, if before the time of serving, cover it with a clean cloth doubled, and keep the dish hot over boiling water. Take off the skin, and strew raspings over the ham. Garnish with carrot. Preserve the skin as whole as possible, to keep over the ham when cold, which will prevent its drying.

## MUTTON.

### *Observations on keeping and dressing Mutton.*

Take away the pipe that runs along the bone of the inside of a chine of mutton; and if to be kept a great time, rub the part close round the tail with salt, after first cutting out the kernel.

The kernel in the fat on the thick part of the leg should be taken out by the butcher, for it taints first there. The chine and rib-bones should be wiped every day; and the bloody part of the neck be cut off, to preserve it. The brisket changes first in the breast: and if it is to be kept, it is best to rub it with a little salt should the weather be hot.

The kernels ought to be taken out of all meat as soon as brought in; and the joint should then be wiped dry.

For roasting, it should hang as long as it will keep, the hind-quarter especially, but not so long as to taint; for whatever fashion may authorise, putrid juices ought not to be taken into the stomach.

Mutton for boiling will not look of a good colour if it has hung long.

### LEG OF MUTTON.

If roasted, serve with onion or currant-jelly sauce; if boiled, with caper sauce and turnips.

### NECK OF MUTTON

Is particularly useful, as so many dishes may be made of it. The bones should be cut short, which the butchers will not do unless particularly desired.

The best end of the neck may be boiled, and served with turnips; or roasted, or dressed in steaks, in pies, or haricot.

The scrags may be stewed in broth; or with a small

quantity of water, some small onions, a few pepper-corns and a little rice, and served together.

When a neck is to be boiled to look particularly nice, saw down the chine-bone, strip the ribs half-way down, and chop off the ends of the bones about four inches. The skin should not be taken off till boiled, and then the fat will look the whiter.

When there is more fat to a neck or loin of mutton than it is agreeable to eat with the lean, it makes an uncommonly good suet pudding, or crust for a meat pie, if chopped very fine.

#### SHOULDER OF MUTTON ROASTED.

There are few better joints than this well browned and hot. Serve with onion sauce. The blade-bone makes a nice broil.

#### HAUNCH OF MUTTON ROASTED.

Keep it as long as it can be preserved sweet by the different modes; let it be washed with warm milk and water, or vinegar if necessary; but when to be dressed, observe to wash it well, lest the outside should have a bad flavour from keeping. Put a paste of coarse flour on strong paper, and fold the haunch in; set it at a great distance from the fire, and allow proportionable time for the paste: do not take it off till about thirty-five or forty minutes before serving and then baste it continually. Bring the haunch nearer to the fire before you take off the paste, and froth it up as you would venison.

A gravy must be made of a pound and a half of loin of mutton, simmered in a pint of water reduced to half, no seasoning but salt; brown it with a little burnt sugar, and send it up in the dish; but there should be a good deal of gravy in the meat; for though long at the fire, the distance and covering will prevent its roasting out.

Serve with currant-jelly sauce.

#### ROAST SADDLE OF MUTTON.

Let it be well kept first. Raise the skin, and then skewer it on again; take it off a quarter of an hour before serving, sprinkle it with some salt, baste it, and dredge it well with flour. The rump should be split, and skewered back on each side. The joint may be large or small according to the company; it is the most elegant if the latter. Being broad it requires a high and strong fire.

## FILLET OF MUTTON BRAISED.

Take off the clump end of the loin, butter some paper, and put over it, and then a paste as for venison, roast it two hours. Do not let it be the least brown. Have ready some French beans boiled and drained on a sieve; and while the mutton is being glazed, give them one heat-up in gravy, and lay them on the dish with the meat over them.

## TO HASH MUTTON.

Cut thin slices of dressed mutton, fat and lean; flour them; have ready a little onion boiled in two or three spoonfuls of water; add to it a little gravy and the meat seasoned, and make it hot, but not to boil. Serve in a covered dish. Instead of onion, a clove, a spoonful of currant jelly, and half a glass of port wine, will give an agreeable flavour of venison, if the meat be fine.

Pickled cucumber or walnut cut small, are approved of by some persons.

## CORNEB SHOULDER OF MUTTON.

The shoulder should not be too fat. Salt it for four days, and boil it well. Serve with plenty of onion sauce or turnips.

## BREAST OF MUTTON.

Cut off the superfluous fat, and roast and serve the meat with stewed cucumbers; or to eat cold, covered with chopped parsley. Or half boil and then grill it before the fire: in which case cover it with crumbs and herbs, and serve with a good brown gravy. Or if boned, take off a good deal of the fat, and cover it with bread, herbs, and seasoning; then roll and boil: and serve with caper sauce.

## TO ROLL LOIN OF MUTTON.

Hang the mutton till tender; bone it; and lay a seasoning of pepper, allspice, mace, nutmeg, and a few cloves, all in fine powder, over it. Next day prepare a stuffing as for hare; beat the meat, and cover it with the stuffing; roll it up tight, and tie it. Half bake it in a slow oven; let it grow cold; take off the fat, and put the gravy into a stewpan; flour the meat, and put it in likewise; stew it till almost ready; and add a glass of port wine, some catchup, an anchovy, and a little lemon-pickle, half an hour before serving; serve it in the gravy, and with jelly sauce. A few fresh mushrooms are a great

improvement; but if to eat like hare do not use these, nor the lemon-pickle.

#### MUTTON COLLOPS.

Take a loin of mutton that has been well hung; and cut from the part next the leg, some collops very thin. Take out the sinew. Season the collops with salt, pepper, and mace; and strew over them shred parsley, thyme, and two or three shallots: fry them in butter till half-done; add half a pint of gravy, a little juice of lemon, and a piece of butter rubbed in flour; and simmer the whole very gently five minutes. They should be served immediately, or they will be hard.

#### MUTTON CUTLETS IN THE PORTUGUESE WAY.

Cut the chops; and half fry them with sliced shallot or onion, chopped parsley, and two bay leaves; season with pepper and salt; then lay a forcemeat on a piece of white paper, put the chop on it, and twist the paper up, leaving a hole for the end of the bones to go through. Broil on a gentle fire. Serve with sauce Robart; or a little brown gravy.

#### MUTTON STEAKS

Should be cut from a loin or steak that has hung; if a neck the bones should not be long. They should be broiled on a clear fire, seasoned when half-done, and often turned; take them up into a very hot dish, rub a bit of butter on each, and serve hot and hot, the moment they are done.

#### STEAKS OF MUTTON OR LAMB, AND CUCUMBERS.

Quarter cucumbers, and lay them into a deep dish, sprinkle them with salt, and pour vinegar over them. Fry the chops of a fine brown, and put them into a stew-pan; drain the cucumbers, and put over the steaks; add some sliced onions, pepper, and salt: pour hot water or weak broth on them; stew and skim well.

#### MUTTON SAUSAGES.

Take a pound of the rawest part of a leg of mutton that has been either roasted or boiled; chop it extremely small, and season it with pepper, salt, mace, and nutmeg: add to it six ounces of beef-suet, some sweet herbs, two anchovies, and a pint of oysters, all chopped very small; a quarter of a pound of grated bread, some of the anchovy liquor, and the yolks and whites of two eggs well beaten.



Put it all, when well mixed, into a little pot ; and use by rolling into balls, or sausage-shape, and frying it. A *little* shallot or garlic is a great improvement.

## LAMB.

### HIND-QUARTER OF LAMB.

This leg is best boiled, and should be cooked in a cloth to look as white as possible, and served with young carrots or cabbages.

The loin fried in chops, garnished with dried or fried parsley, and served with spinach.

### FORE-QUARTER OF LAMB.

Roast it either whole, or in separate parts. If left to be cold, chopped parsley should be sprinkled over it. The neck and breast together is called a scoven.

### SHOULDER OF LAMB, FORCED, WITH SORREL SAUCE.

Bone a shoulder of lamb, and fill it up with forcemeat ; braise it two hours over a slow stove. Take it up ; glaze it ; or it may be glazed only, and not braised.

Serve with sorrel sauce under the lamb.

### LAMB STEAKS.

Fry them of a beautiful brown : when served, throw over them a good quantity of crumbs of fried bread and crimped parsley.

Mutton or lamb steaks, seasoned and broiled, either with crumbs and herbs, or without, are a genteel dish, and always acceptable.

### HOUSE-LAMB STEAKS, WHITE.

Stew them in milk and water till very tender, with a bit of lemon-peel, a little salt, some pepper, and mace. Have ready some veal gravy, and put the steaks into it ; mix some mushroom powder, a cup of cream, and the least bit of flour ; shake the steaks in this liquor, stir it, and let it get quite hot. Just before you take it up, put in a few white mushrooms.

### HOUSE-LAMB STEAKS, BROWN.

Season them with pepper, salt, nutmeg, grated lemon-peel, and chopped parsley ; but dip them first into egg : fry them quick. Thicken some good gravy with a little flour and butter ; and add to it a spoonful of port wine, and some oysters ; boil it up, and then put in the steaks

warm: let them heat up, and serve. You may add palates, balls, or eggs, if you like.

#### LAMB'S HEAD, &c.

This part is best from a house lamb, but any, if soaked in cold water, will be white; boil the head separately till very tender; have ready the liver and lights three parts boiled, and cut small; stew them in a little of the water in which they were boiled, season and thicken with flour and butter, and serve the mince round the head.

#### LAMB'S FRY.

Serve it fried of a beautiful colour, and with a good deal of dried or fried parsley over it.

#### LAMB'S SWEETBREADS.

Blanch them, and put them a little while into cold water; then put them into a stewpan with a ladleful of broth, some pepper and salt, a small bunch of small onions, and a blade of mace; stir it in a bit of butter and flour, and stew half an hour; have ready two or three eggs well beaten in cream, with a little minced parsley and a few grates of nutmeg; put in some boiled asparagus tops to the other things; do not let it boil after the cream is in, but make it hot and stir it well all the while; take great care it does not curdle. Young French beans or peas may be added, first boiled of a beautiful colour.

#### SHOULDER OF LAMB, STUFFED.

Take out the bone, and fill the vacaney with force-meat. This may be roasted. But to be more rich, stew it in good gravy, or braise it. Glaze it, if you like, and serve with sorrel sauce, or tomata sauce. Or the shoulder may be parboiled, allowed to get cool, and then be scored in diamonds, seasoned with pepper, salt, and kitchen pepper, and finished cooking on the gridiron, or in a Dutch oven. Sauce Robart, or mushroom sauce, or a clear gravy.

#### LAMB A-LA-PERIGORD.

Put the meat into a stewpan, with a little oil, parsley, small onions, and mushrooms, and a few slices of nice bacon; stew it in a small quantity of water, or broth if you have it; when thoroughly done, take out the meat and strain the gravy, serving it only with the mushrooms.

## GRAVIES AND SAUCES.

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“God is not so hard a master, but that he alloweth his servants sauce (besides hunger) to eat with their meat.”—*Fuller*.

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A GOOD gravy may be made of the skirts of beef and the kidney. An ox kidney or milt makes good gravy, cut all to pieces, and prepared as other meat; and so will the shank end of mutton that has been dressed, if much be not wanted. The shank-bones of mutton are a great improvement to the richness of gravy; but first soak them well, and scour them clean. Tarragon gives the flavour of French cookery, and in high gravies is a great improvement; but it should be added only a short time before serving.

### TO DRAW GRAVY THAT WILL KEEP A WEEK.

Cut lean beef thin, put it into a fryingpan without any butter, and set it on a fire covered, but take care it does not burn; let it stay till all the gravy that comes out of the meat is dried up into it again: put as much water as will cover the meat, and let that stew away; then put to the meat a small quantity of water, herbs, onions, spice, and a bit of lean ham; simmer till it is rich, and keep it in a cool place; do not take off the fat till going to be used.

### CLEAR GRAVY.

Slice beef thin; broil a part of it over a very clear quick fire, just enough to give colour to the gravy, but not to dress it; put that and the raw into a very nicely tinned stewpan, with two onions, a clove or two, whole black peppers, berries of allspice, and a bunch of sweet herbs; cover it with hot water, give it one boil, and skim it well two or three times: then cover it, and simmer an hour.

### CULLIS, OR BROWN GRAVY.

Lay over the bottom of a stewpan as much lean veal as will cover it an inch thick: then cover the veal with thin slices of undressed gammon, two or three onions, two

or three bay leaves, some sweet herbs, two blades of mace, and three cloves; cover the stewpan, and set it over a slow fire, but when the juices come out, let the fire be a little quicker; when the meat is of a fine brown, fill the pan with good beef broth, boil and skim it, then simmer an hour: add a little water, mixed with as much flour as will make it properly thick; boil it half an hour, and strain it. This will keep a week.

#### BECHAMEL, OR WHITE SAUCE.

Cut lean veal into small slices, and the same quantity of lean bacon or ham; put them into a stewpan with a good piece of butter, an onion, a blade of mace, a few mushroom buttons, a bit of thyme, and a bay leaf; fry the whole over a very slow fire, but not to brown it; thicken it with flour; then put an equal quantity of good broth and rich cream; let it boil half an hour, and stir it all the time; strain it through a soup-strainer.

#### A GRAVY WITHOUT MEAT.

Put a glass of small beer, a glass of water, some pepper, salt, lemon-peel grated, a bruised clove or two, and a spoonful of walnut pickle or mushroom catchup into a basin; slice an onion, flour and fry it in a piece of butter till it is brown; then turn all the above into a saucepan with the onion, and simmer it covered twenty minutes; strain it off for use, and when cold take off the fat.

#### A RICH GRAVY.

Cut beef into thin slices, according to the quantity wanted; slice onions thin, and flour both; fry them of a light pale brown, but do not on any account suffer them to get black; put them into a stewpan, pour boiling water on the browning in the fryingpan, boil it up, and pour on the meat; put to it a bunch of parsley, thyme, and savory, a small bit of knotted marjoram, the same of tarragon, some mace, berries of allspice, whole black peppers, a clove or two, and a bit of ham, or gammon of bacon; simmer till you have extracted all the juices of the meat; and be sure to skim the moment it boils, and often after. If for a hare, or stewed fish, anchovy should be added.

#### GRAVY FOR A FOWL WHEN THERE IS NO MEAT.

Wash the feet nicely, and cut them and the neck small; simmer them with a little bread browned, a slice of onion, a bit of parsley and thyme, some pepper and salt, and the liver and gizzards, in a quarter of a pint of

water, till half wasted; take out the liver, bruise it, and strain the liquor to it; then thicken it with flour and butter, and add a tea-spoonful of mushroom catchup.

#### VEAL GRAVY.

Make it as directed for cullis, page 99, but leave out the spice, herbs, and flour. It should be drawn very slowly; and if for white dishes, do not let the meat brown.

#### GRAVY TO MAKE MUTTON EAT LIKE VENISON.

Pick a very stale woodcock or snipe, cut it to pieces (but first take out the bag from the entrails), and simmer with as much unseasoned meat gravy as you will want. Strain it, and serve in the dish.

#### STRONG FISH GRAVY.

Skin two or three eels or some flounders; gut and wash them very clean; cut them into small pieces, and put into a saucepan; cover them with water, and add a little crust of bread toasted brown, two blades of mace, some whole pepper, sweet herbs, a piece of lemon-peel, an anchovy or two, and a tea-spoonful or two of horse-radish. Cover close, and simmer; add a bit of butter and flour, and boil with the above.

#### SAVOURY JELLY TO PUT OVER COLD PIES.

Make it of a small bare knuckle of leg or shoulder of veal, or a piece of scrag of that or mutton, or, if the pie be of fowl or rabbit, the carcasses, necks, and heads, added to any piece of meat, will be sufficient, observing to give consistency by cow-heel or shanks of mutton; put the meat, a slice of lean ham or bacon, a faggot of different herbs, two blades of mace, an onion or two, a small bit of lemon-peel, and a tea-spoonful of Jamaica pepper bruised, and the same of whole pepper, and three pints of water, in a stewpot that shuts very close. As soon as it boils skim it well, and let it simmer very slowly till quite strong; strain it, and when cold take off the fat with a spoon first, and then, to remove every particle of grease, lay a clean piece of cap or blotting-paper on it. When cold, if not clear, boil it a few minutes with the whites of two eggs (but do not add the sediment), and pour it through a nice sieve, with a napkin in it, which has been dipped in boiling water, to prevent waste.

#### JELLY TO COVER COLD FISH.

Clean a maid, and put it into three quarts of water, with a calf's foot or cow-heel, a stick of horse-radish, an



onion, three blades of mace, some white pepper, a piece of lemon-peel, and a good slice of lean bacon; stew until it will jelly; strain it off; when cold, remove every bit of fat; take it up from the sediment, and boil it with a glass of sherry, the whites of four or five eggs, and a piece of lemon; boil without stirring, and after a few minutes set it by to stand half an hour, and strain it through a bag or sieve, with a cloth in it; cover the fish with it when cold.

#### A GOOD SAUCE TO HIDE THE BAD COLOUR OF FOWLS.

Cut the livers, slices of lemon in dice, scalded parsley and hard eggs; add salt, and mix them with butter; boil them up, and pour over the fowls. This will do for roast rabbit.

#### WHITE SAUCE.

It is seldom necessary to buy meat for this favourite sauce, as the proportion of that flavour is but small. The water that has boiled fowl, veal, or rabbit, or a little broth that may be in the house, or the feet and necks of chickens, or raw or dressed veal, will suffice. Stew with a little water any of these with a bit of lemon-peel, some sliced onion, some white pepper-corns, a little pounded mace or nutmeg, and a bunch of sweet herbs, until the flavour be good; then strain it, and add a little good cream, a piece of butter, and a *little* flour; salt to your taste. A squeeze of lemon may be added after the sauce is taken off the fire, shaking it well. Yolk of egg is often used in fricassee: but cream is better.

#### SAUCE FOR WILD FOWL.

Simmer a tea-cupful of port wine, the same quantity of good meat gravy, a little shallot, a little pepper, salt, a grate of nutmeg, and a bit of mace, for ten minutes; put in a bit of butter and flour, give it all one boil, and pour it through the birds. In general they are not stuffed as tame, but may be done so if liked.

#### SAUCE FOR DUCKS.

Serve a rich gravy in the dish; cut the breast into slices, but do not take them off; cut a lemon, and put pepper and salt on it; then squeeze it on the breast, and pour a spoonful of gravy over before you help.

#### SAUCE FOR CARP OR BOILED TURKEY.

Rub half a pound of butter with a tea-spoonful of flour; put to it a *little* water, melt it, and add near a quar-

ter of a pint of thick cream and half an anchovy chopped fine, not washed: set it over the fire, and as it boils up add a large spoonful of real India soy. If that does not give it a fine colour, put a little more; turn it into the sauce tureen, and put some salt and half a lemon; stir well to hinder it from curdling.

#### SAUCE FOR FOWL OF ANY SORT.

Boil some veal gravy, pepper, salt, the juice of a Seville orange and a lemon, and a quarter as much of port wine as of gravy; pour it into the dish or a boat.

#### SAUCE FOR COLD FOWL OR PARTRIDGE.

Rub down in a mortar the yolks of two eggs boiled hard, an anchovy, two dessert-spoonfuls of oil, three of vinegar, a shallot, Cayenne if approved, and a tea-spoonful of mustard. All should be pounded before the oil is added; then strain it.

#### SAUCE A-LA-MAITRE D'HOTEL.

Put a piece of butter into a saucepan with some chopped parsley, some tarragon leaves, one or two leaves of balm, with salt, lemon, or a glass of verjuice; mix the whole with a wooden spoon, until they are well incorporated.

#### MUSHROOM SAUCE FOR FOWLS OR RABBITS.

Wash and pick a pint of young mushrooms, and rub them with salt, to take off the tender skin; put them into a saucepan with a little salt, some nutmeg, a blade of mace, a pint of cream, and a good piece of butter rubbed in flour; boil them up, and stir them till done; then pour it round the chickens, &c.; garnish with lemon. If you cannot get fresh mushrooms, use pickled ones done white, with a little mushroom powder with the cream, &c.

#### LEMON WHITE SAUCE FOR BOILED FOWLS.

Put the peel of a small lemon, cut very thin, into a pint of sweet rich cream, with a sprig of lemon-thyme and ten white pepper-corns; simmer gently till it taste well of the lemon; then strain it, and thicken it with a quarter of a pound of butter and a dessert-spoonful of flour rubbed in it; boil it up; then pour the juice of the lemon strained into it, stirring it well; dish the chickens, and then mix a little white gravy, quite hot, with the cream (but do not boil them together), and salt to your taste.

## EGG SAUCE.

Boil the eggs hard, and cut them into small pieces ; then put them to melted butter.

## ONION SAUCE.

Peel the onions, and boil them tender ; squeeze the water from them, then chop them, and add them to butter that has been melted rich and smooth, as will be hereafter directed, but with a little good milk instead of water ; boil it up once, and serve it for boiled rabbits, partridges, scrag, or knuckle of veal, or roast mutton. A turnip boiled with the onions makes them milder.

## CLEAR SHALLOT SAUCE.

Put a few chopped shallots into a little gravy boiled clear, and near half as much vinegar ; season with pepper and salt : boil half an hour.

## TO MAKE PARSLEY SAUCE WHEN NO PARSLEY LEAVES ARE TO BE HAD.

Tie up a little parsley-seed in a bit of clean muslin, and boil it ten minutes in some water. Use this water to melt the butter ; and throw into it a little boiled spinach minced, to look like parsley.

## GREEN SAUCE FOR GREEN GEESE, OR DUCKLINGS.

Mix a quarter of a pint of sorrel-juice, a glass of white wine, and some sealed gooseberries. Add sugar, and a bit of butter. Boil them up.

## BREAD SAUCE.

Boil a large onion, cut into four, with some black peppers and milk, till the onion is quite soft. Pour the milk strained on grated white stale bread, and cover it. In an hour put it into a saucepan, with a good piece of butter mixed with a little flour : boil the whole up together, and serve.

## DUTCH SAUCE, FOR MEAT OR FISH.

Put six spoonfuls of water, and four of vinegar, into a saucepan warm, and thicken it with the yolks of two eggs. Make it quite hot, but do not boil it ; squeeze in the juice of half a lemon, and strain it through a sieve.

## SAUCE ROBART.

Put a piece of butter the size of an egg into a saucepan, set it over the fire, and when browning throw in a

handful of sliced onions, cut small; fry them brown, but do not let them burn: add half a spoonful of flour, shake the onions in it, and give it another fry: then put four spoonfuls of gravy, and some pepper and salt, and boil it gently ten minutes; skim off the fat; add a tea-spoonful of made mustard, a spoonful of vinegar, and juice of half a lemon: boil it all, and pour it round the steaks. They should be of a fine yellow-brown, and garnished with fried parsley and lemon.

#### BENTON SAUCE, FOR HOT OR COLD ROAST BEEF.

Grate, or scrape very fine, some horse-radish, a little made mustard, some pounded white sugar, and four large spoonfuls of vinegar. Serve in a saucer.

#### WINE SAUCE, FOR FISH PIES.

Take equal quantities of white wine not sweet, vinegar, oyster liquor, and mushroom catchup; boil them up with an anchovy; strain; and pour it through a funnel into the pie after it is baked.

#### CREAM SAUCE, FOR FISH PIES.

Chop an anchovy small, and boil it with three spoonfuls of gravy, a quarter of a pint of cream, and a bit of butter and flour.

#### TOMATO SAUCE, FOR HOT OR COLD MEATS.

Put tomatos, when perfectly ripe, into an earthen jar; and set it in an oven, when the bread is drawn, till they are quite soft; then separate the skins from the pulp; and mix this with capsicum-vinegar, and a few cloves of garlic pounded, which must both be proportioned to the quantity of fruit. Add powdered ginger and salt to your taste. Some white-wine vinegar and Cayenne may be used instead of capsicum-vinegar. Keep the mixture in small wide-mouthed bottles, well corked, and in a dry cool place.

#### APPLE SAUCE, FOR GOOSE AND ROAST PORK.

Pare, core, and slice some apples; and put them in a stone jar, into a saucepan of water, or on a hot hearth. If on the hearth, let a spoonful or two of water be put in to hinder them from burning. When they are done, bruise them to a mash, and put to them a bit of butter the size of a nutmeg, and a little brown sugar. Serve it in a sauce-turecn.

#### CURRANT SAUCE, FOR VENSION.

Boil an ounce of dried currants in half a pint of water, a few minutes; then add a small tea-cupful of

bread crumbs, six cloves, a glass of port wine, and a bit of butter. Stir it till the whole is smooth.

#### VELOUTE.

Take one pound of veal, with the remains of a fowl and a dozen of full-grown mushrooms, or a smaller number of green truffles; heat these in melted butter, or beef fat, without browning; season with salt, pepper, nutmeg, or mixed spices, to which may be added a couple of carrots and onions, with a table-spoonful or two of flour. When boiled, skim off the fat, and let it simmer for one hour and a half, after which strain it, and keep it closely stopped for further use.

#### LEMON SAUCE.

Cut thin slices of lemon into very small dice, and put them into melted butter; give it one boil, and pour it over boiled fowls.

#### CARRIER SAUCE, FOR MUTTON.

Chop six shallots fine; and boil them up with a gill of gravy, a spoonful of vinegar, some pepper and salt.

#### HAM SAUCE.

When a ham is almost done with, pick all the lean meat from the bone, leaving out any rusty part; beat the meat and the bone to a mash with a rolling-pin; put it into a saucepan, with three spoonfuls of gravy; set it over a slow fire, and stir it all the time, or it will stick to the bottom. When it has been on some time, put to it a small bundle of sweet herbs, some pepper, and half a pint of beef-gravy: cover it up, and let it stew over a gentle fire for an hour. A little of this is an improvement to all gravies.

#### MRS. RUNDELL'S FISH SAUCE.

Put into a very nice tin saucepan a pint of fine port wine, a gill of mountain, half a pint of fine walnut-catchup, twelve anchovies, and the liquor that belongs to them, a gill of walnut pickle, the rind and juice of a large lemon, four or five shallots, some Cayenne to taste, three ounces of scraped horse-radish, three blades of mace, and two tea-spoonfuls of made mustard; boil it all gently till the rawness goes off; then put it into small bottles for use. Cork them very close, and seal the top.



## SIMPSON'S FISH SAUCE.

Chop twenty-four anchovies not washed, and ten shallots, and scrape three spoonfuls of horse-radish; which, with ten blades of mace, twelve cloves, two sliced lemons, half a pint of anchovy liquor, a quart of hock, or Rhenish wine, and a pint of water, boil to a quart; then strain off, and when cold, add three large spoonfuls of walnut catchup, and put into small bottles well corked.

## FISH SAUCE WITHOUT BUTTER.

Simmer very gently a quarter of a pint of vinegar, and half a pint of water (which must not be hard), with an onion, half a handful of horse-radish, and the following spices lightly bruised; four cloves, two blades of mace, and half a tea-spoonful of black pepper. When the onion is quite tender, chop it small with two anchovies, and set the whole on the fire to boil for a few minutes, with a spoonful of catchup. In the meantime have ready, and well beaten, the yolks of three fresh eggs; strain them, mix the liquor by degrees with them, and when well mixed, set the saucepan over a gentle fire, keeping a basin in one hand, into which toss the sauce to and fro, and shake the saucepan over the fire, that the eggs may not curdle. Do not boil them, only let the sauce be hot enough to give it the thickness of melted butter.

## FISH SAUCE A-LA-CRATER.

Thicken a quarter of a pound of butter with flour, and brown it; then put to it a pound of the best anchovies cut small, six blades of pounded mace, ten cloves, forty berries of black pepper and allspice, a few small onions, a faggot of sweet herbs (namely, savory, thyme, basil, and knotted marjoram), and a little parsley and sliced horse-radish; on these pour half a pint of the best sherry, and a pint and a half of strong gravy. Simmer all gently for twenty minutes, then strain it through a sieve, and bottle it for use; the way of using it is, to boil some of it in the butter while melting.

## AN EXCELLENT SUBSTITUTE FOR CAPER SAUCE.

Boil slowly some parsley to let it become a bad colour, cut, but *do not chop it fine*; put it to melted butter, with a tea-spoonful of salt, and a dessert-spoonful of vinegar. Boil up and serve.

## OYSTER SAUCE.

Save the liquor in opening the oysters; and boil it with the beards, a bit of mace, and lemon-peel. In the

meantime throw the oysters into cold water, and drain it off. Strain the liquor, and put it into a saucepan with them, and as much butter, mixed with a little milk, as will make sauce enough : but first rub a little flour with it.

Set them over the fire, and stir all the time ; and when the butter has boiled once or twice, take them off, and keep the saucepan near the fire, but not on it : for if done too much, the oysters will be hard. Squeeze a little lemon-juice, and serve. A little cream is a great improvement.

#### LOBSTER SAUCE.

Pound the spawn, and two anchovies ; pour on them two spoonfuls of gravy ; strain all into some butter melted, as will be hereafter directed : then put in the meat of the lobsters, give it all one boil, and add a squeeze of lemon.

#### SHRIMP SAUCE.

If the shrimps are not picked at home, pour a little water over them to wash them : put them to butter melted thick and smooth, give them one boil, and the juice of a lemon.

#### ANCHOVY SAUCE.

Chop one or two anchovies without washing, put them to some flour and butter, and a little drop of water ; stir it over the fire till it boils once or twice. When the anchovies are good they will be dissolved ; and the colour will be better than by the usual way.

#### TO MELT BUTTER.

Mix, in the proportion of a tea-spoonful of flour to four ounces of the best butter, on a trencher. Put it into a small saucepan, and two or three table-spoonfuls of hot water, boil quick a minute, shaking it all the time. Milk used instead of water requires rather less butter, and looks whiter.

#### VINAIGRETTE, FOR COLD FOWL OR MEAT.

Chop mint, parsley, and shallot, mix with salt, oil, and vinegar. Serve in a boat.

#### SHALLOT VINEGAR.

Split six or eight shallots ; put them into a quart bottle, and fill it up with vinegar, stop it, and in a month it will be fit for use.

#### CAMP VINEGAR.

Slice a large head of garlic ; and put it into a wide-mouthed bottle, with half an ounce of Cayenne, two tea-

spoonfuls of real soy, two of walnut catchup, four anchovies chopped, a pint of vinegar, and enough cochineal to give it the colour of lavender drops. Let it stand six weeks; then strain off quite clear, and keep in small bottles sealed up.

#### SUGAR VINEGAR.

To every gallou of water put two pounds of the very coarsest sugar, boil and skim thoroughly, then put one quart of cold water for every gallon of hot. When *cool*, put into it a toast spread with yeast. Stir it nine days; then barrel, and set it in a place where the sun will lie on it, with a bit of slate on the bung-hole. Make it in March; it will be ready in six months.

When sufficiently sour, it may be bottled, or may be used from the cask with a wooden spigot and faucet.

#### GOOSEBERRY VINEGAR.

Boil spring water; and when cold, put to every three quarts a quart of bruised gooseberries in a large tub. Let them remain sixty hours, stirring often, then strain through a hair bag, and to each gallon of liquor add a pound of the coarsest sugar. Put it into a barrel, and a toast and yeast: cover the bung-hole with a bit of slate, &c., as above. The greater quantity of sugar and fruit the stronger the vinegar.

#### CUCUMBER VINEGAR.

Pare and slice fifteen large eucumbers and put them in a stone jar, with three pints of vinegar, four large onions sliced, two or three shallots, a little garlie, two large spoonfuls of salt, three tea-spoonfuls of pepper, and half a tea-spoonful of Cayenne. After standing four days give the whole a boil; when cold, strain and filter the liquor through paper. Keep in small bottles to add to salad, or eat with meat.

#### WINE VINEGAR.

After making raisin wine, when the fruit has been strained, lay it on a heap to heat, then to every hundred weight put fifteen gallons of water; set the cask, and put yeast, &c., as before.

As vinegar is so necessary an article in a family, and one on which so great a profit is made, a barrel or two might always be kept preparing, according to what suited. If the raisins of wine were ready, that kind might be made; if a great plenty of gosseberries made them cheap,

that sort ; or if neither, then the sugar vinegar—so that the cask may not be left empty, and grow musty.

#### NASTURTIUMS, FOR CAPERS.

Keep them a few days after they are gathered, then pour boiling vinegar over them, and when cold, cover. They will not be fit to eat for some months, but are then finely flavoured, and by many preferred to capers.

#### TO MAKE MUSTARD.

Mix the best Durham flour of mustard by degrees with boiling water to a proper thickness, rubbing it perfectly smooth ; add a little salt, and keep it in a small jar close covered, and put only as much into the glass as will be used soon, which should be wiped daily round the edges.

#### KITCHEN PEPPER AND SPICES.

Mix in the finest powder one ounce of ginger ; of cinnamon, black pepper, nutmeg, and Jamaica pepper, half an ounce each ; ten cloves, and six ounces of salt. Keep it in a bottle ; it is an agreeable addition to any brown sauces or soups.

Spice in powder, kept in small bottles close stopped, goes much further than when used whole. It must be dried before pounded, and should be done in quantities that may be wanted in three or four months. Nutmeg need not be done, but the others should be kept in separate bottles with a little label on each.

#### TO DRY MUSHROOMS.

Wipe them clean, and of the large take out the brown, and peel off the skin. Lay them on paper to dry in a cool oven, and keep them in paper bags in a dry place. When used simmer them in the gravy, and they will swell to near their former size ; to simmer them in their own liquor till it dry up into them, shaking the pan, then drying on tin plates, is a good way, with spice or not.

Tie down the bladder, and keep it in a dry place, or in paper.

#### MUSHROOM POWDER.

Wash half a peck of large mushrooms while quite fresh, and free from grit and dirt, with flannel, scrape out the black part clean, and do not use any that are worm-eaten, put them into a stewpan over the fire without water, with two large onions, some cloves, a quarter of an

ounce of mace, and two spoonfuls of white pepper, all in powder: simmer and shake them till all the liquor be dried up; be careful they do not burn. Lay them on tins or sieves in a slow oven till they are dry enough to beat to powder, then put the powder in small bottles, corked and tied closely, and keep in a dry place. A tea-spoonful will give a very fine flavour to any soup or gravy, or any sauce; and it is to be added just before serving, and one boil given to it after it is put in.

#### • TO CHOOSE ANCHOVIES.

They are preserved in barrels, with bay salt: no other fish has the fine flavour of the anchovy. The best look red and mellow, and the bones moist and oily; the flesh should be high flavoured, the liquor reddish, and have a fine smell.

#### ESSENCE OF ANCHOVIES.

Take two dozen of anchovies, chop them, and without the bone, but with some of their own liquor strained, add them to sixteen large spoonfuls of water; boil gently till dissolved, which will be in a few minutes—when cold, strain and bottle it.

#### TO KEEP ANCHOVIES WHEN THE LIQUOR DRIES.

Pour on them beef brine.

#### • TO MAKE SPRATS TASTE LIKE ANCHOVIES.

Salt them well, and let the salt drain from them. In twenty-four hours wipe them dry, but do not wash them. Mix four ounces of common salt, an ounce of bay salt, an ounce of saltpetre, a quarter of an ounce of sal-prunella, and half a tea-spoonful of cochineal, all in the finest powder. Sprinkle it among three quarts of the fish, and pack them in two stone jars. Keep in a cold place, fastened down with a bladder.

These are pleasant on bread and butter, but use the best for sauce.

#### FORCEMEAT,

Whether in the form of stuffing-balls, or for patties, makes a considerable part of good cooking by the flavour it imparts to whatsoever dish it is added, if properly made.

Exact rules for the quantity cannot easily be given; but the following observations may be useful, and habit will soon give knowledge in mixing it to the taste.



At many tables, where everything else is well done, it is common to find very bad stuffing.

According to what it is wanted for, should be the selection from the following list, observing that of the most pungent articles, least may be used. No one flavour should predominate greatly; yet, if several dishes be served the same day, there should be a marked variety in the taste of the forcemeat as well as of the gravies. It should be consistent enough to cut with a knife, but not dry and heavy.

*Forcemeat Ingredients.*

Cold fowl or veal.	Oysters.
Scraped ham.	Anchovy.
Fat bacon.	Taragon.
Beef suet.	Savory.
Crumbs of bread.	Pennyroyal.
Parsley.	Knotted marjoram.
White pepper.	Thyme.
Salt.	Basil.
Nutmeg.	Cayenne.
Yolk and white of eggs, well beaten, to bind the mixture.	Garlic.
Yolk of hard eggs.	Shallot.
	Chives or onions,
	Cloves and mace.

The first column contains the articles of which the forcemeat may be made, without any striking flavour; and to those may be added some of the different ingredients of the second column, to vary the taste.

**FORCEMEAT, FOR FOWLS OR MEAT.**

Shred a little ham or gammon, some cold veal or fowl, some beef suet; a small quantity of onion, some parsley, very little lemon-peel, salt, nutmeg, or pounded mace, and either white pepper or Cayenne, and bread crumbs.

Pound in a mortar, and bind it with one or two eggs beaten and strained.

**FORCEMEAT BALLS, FOR FISH SOUPS OR FISH STEWED, ON MAIGRE DAYS.**

Beat the flesh and soft parts of a middling lobster, half an anchovy, a large piece of boiled celery, the yolk of a hard egg, a little Cayenne, mace, salt, and white pepper, with two table-spoonfuls of bread crumbs, one ditto of oyster liquor, two ounces of butter warmed, and two eggs

long beaten ; make into balls, and fry of a fine brown in butter.

#### LITTLE EGGS FOR TURTLE.

Beat three hard yolks of eggs in a mortar, and make into a paste with the yolk of a raw one, roll it into small balls, and throw them into boiling water for two minutes to harden.

#### BROWNING, TO COLOUR AND FLAVOUR MADE-DISHES.

Beat to powder four ounces of double-refined sugar, put it into a very nice iron fryingpan, with one ounce of fine fresh butter, mix it well over a clear fire, and when it begins to froth, hold it up higher ; when of a very dark brown, pour in a small quantity of a pint of port, and the whole by very slow degrees, stirring all the time. Put to the above half an ounce of Jamaica, and the same of black pepper, six cloves of shallots peeled, three blades of mace bruised, three spoonfuls of mushroom, and the same of walnut catchup, some salt, and the finely-pared rind of a lemon ; boil gently fifteen minutes, pour it into a basin till cold, take off the seum, and bottle for use.

#### CASSEROL, OR RICE EDGING, FOR A CURRIE OR FRICASSEE.

After soaking and picking fine Carolina rice, boil it in water, and a little salt, until tender, but not to a mash ; drain, and put it round the inner edge of the dish, to the height of two inches ; smooth it with the back of a spoon, and wash it over with yolk of egg, and put it into the oven for three or four minutes, then serve the meat in the middle.

#### EGG SAUCE.

Boil three eggs twelve minutes, and then put them into cold water till wanted ; take half the whites and cut them into dice, the yolks also into small pieces, and stir them into melted butter, or pound the yolks and then mix.

#### BREAD SAUCE.

Put a tea-cupful of stale bread crumbs into a stewpan with a small onion, pepper, mace, and as much milk as they will soak up ; let it boil, stirring well, and then simmer till stiff, and reduce to a proper consistency by milk. The onion may be removed if not approved of.

#### SHARP SAUCES FOR WILD FOWL.

Two glasses of port wine and one of walnut catchup ; add vinegar to taste, or lemon juice, with Cayenne pepper and mustard.

## SAVOURY PIES AND PUDDINGS.

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*Old Fuller* quaintly says, "Keeping a liberal house takes the affections of country people, whose love is much warmed in a good kitchen, and turneth much on the hinges of a buttery-doore often open."

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### PASTE FOR MEAT OR SAVOURY PIES.

SIFT two pounds of fine flour to one and a half of good salt butter, which break into small pieces; rub gently together the flour and butter, and mix up with yolks of three eggs well beat up, adding nearly a pint of spring water; roll the paste out and double it in folds three times, and it is ready.

### *Observations on Savoury Pies.*

There are few articles of cookery more generally liked than relishing pies, if properly made; and they may be made so of a great variety of things. Some are best eaten when cold, and, in that case, there should be no snet put into the foremeat that is used with them. If the pie is either made of meat that will take more dressing, to make it extremely tender, than the baking of the crust will allow; or if it is to be served in an earthen pie-form; observe the following preparation:—

Take three pounds of the veiny piece of beef (for instance) that has fat and lean; wash it; and season it with salt, pepper, mace, and allspice, in fine powder, rubbing them well in. Set it by the side of a slow fire, in a stew-pot that will just hold it; put to it a piece of butter, of about the weight of two ounces, and cover it quite close; let it just simmer in its own steam till it begins to shrink. When it is cold, add more seasoning, foremeat, and eggs: and if it is in a dish, put some gravy to it before baking; but if it is only in crust, do not put the gravy till after it is cold and in jelly. Foremeat may be put both under and over the meat, if preferred to balls.

### COD PIE.

Take a piece of the middle of a small cod, and salt it well one night: next day wash it; season with pepper, salt,

and a very little nutmeg, mixed ; place in a dish, and put some butter on it, and a little good broth of any kind into the dish.

Cover it with a crust ; and when done add a sauce of a spoonful of broth, a quarter of a pint of cream, a little flour and butter, a grate of lemon and nutmeg, and give it one boil. Oysters may be added.

*Mackerel* will do well, but do not salt them till using.

Parsley picked and put in, may be used instead of oysters.

### SOLE PIE.

Split some soles from the bone, and cut the fins close ; season with a mixture of salt, pepper, a little nutmeg and pounded mace, and put them in layers with oysters. They eat excellently. A pair of middling-sized ones will do, and half a hundred of oysters. Put in the dish the oyster-liquor, two or three spoonfuls of broth, and some butter. When the pie comes home pour in a cupful of thick cream.

### LOBSTER PIE.

Boil two lobsters, or if small three, take out the tails, cut them in two, take out the gut, cut each in four pieces, and lay in a small dish, put in them the meat of the claws and that you have picked out of the body ; pick off the furry parts from the latter, and take out the lady ; the spawn beat in a mortar ; likewise all the shells : set them on to stew with some water, two or three spoonfuls of vinegar, pepper, salt, and some pounded mace ; a large piece of butter rolled in flour, must be added, when the goodness of the shells is obtained : give a boil or two, and pour into the dish strained ; strew some crumbs, and put a paste over all : bake slowly, but only till the paste be done.

### A REMARKABLY FINE FISH PIE.

Boil two pounds of small eels ; having cut the fins quite close, pick the flesh off and throw the bones into the liquor, with a little mace, pepper, salt, and a slice of onion ; boil it till quite rich, and strain it. Make forcemeat of the flesh, an anchovy, parsley, lemon-peel, salt, pepper, crumbs, and four ounces of butter, warmed, and lay it at the bottom of the dish. Take the flesh of soles, small cod, or dressed turbot, and lay them on the forcemeat, having rubbed it with salt and pepper ; pour the gravy over and bake.

Observe to take off the skin and fins, if cod or soles.

## MAIGRE FISH PIES.

*Salt Fish Pie.*—The thickest part must be chosen, and put in cold water to soak the night before wanted; then boil it well, take it up, take away the bones and skin, and if it is good fish it will be in fine layers; set it on a fish-drainer to get cold; in the meantime boil four eggs hard; peel and slice them very thin; the same quantity of onion sliced thin; line the bottom of a pie-dish with fish forcemeat, or a layer of potatoes sliced thin; then a layer of onions, then of fish and of eggs, and so on till the dish is full; season each layer with a little pepper; then mix a tea-spoonful of made mustard, the same of essence of anchovy, a little mushroom catchup, in a gill of water; put it in the dish; then put on the top an ounce of fresh butter broke in bits; cover it with puff-paste, and bake it one hour. Fresh cod may be done in the same way, by adding a little salt.

All *fish* for making *pies*—whether soles, flounders, herrings, salmon, lobster, eels, trout, trench, &c.—should be dressed first. This is the most economical way for Catholic families, as what is boiled one day will make excellent pies or patties the next.

If you intend it for pies, take the skin off and the bones out; lay your salmon, soles, turbot, or cod fish in layers, and season each layer with equal quantities of pepper, allspice, mace, and salt, till the dish is full; save a little of the liquor that the fish was boiled in; set it on the fire with the bones and skin of the fish; boil it a quarter of an hour; then strain it through a sieve; let it settle, and pour it in the dish; cover it with puff-paste; bake it about an hour and a quarter. Shrimps, prawns, or oysters added, will improve the above.

*Cod Sounds* for a pie should be soaked at least twenty-four hours, then well washed, and put on a cloth to dry. Put in a stewpan two ounces of fresh butter with four ounces of sliced onions; fry them of a nice brown; then put in a small table-spoonful of flour, and add half a pint of boiling water; when smooth, put in about ten cod sounds, and season them with a little pepper, a glass of white wine, a tea-spoonful of essence of anchovy, the juice of half a lemon; stir it well together, put it in a pie-dish, cover it with paste, and bake it one hour.

## EEL PIE.

Take eels about half a pound each; skin, wash, and trim off the fin with a pair of scissors; cut them into



pieces three inches long; season them with pepper and salt, and fill your dish, leaving out the heads and tails; add a gill of water or veal broth; cover it with paste; rub it over with a paste-brush dipped in yolk of egg; ornament it with some of the same paste; bake it an hour, and, when done, make a hole in the centre, and pour in the following sauce through a funnel:—The trimmings boiled in half a pint of veal stock, seasoned with pepper and salt, a table-spoonful of lemon-juice, and thickened with flour and water, strained through a fine sieve; add it boiling hot.

#### PILCHARD AND LEEK PIE.

Clean and skin the white part of some large leeks; scald in milk and water, and put them in layers into a dish, and between the layers two or three salted pilchards which have been soaked for some hours the day before; cover the whole with a good plain crust; when the pie is taken out of the oven lift up the side crust with a knife, and empty out all the liquor; then pour in half a pint of scalded cream.

#### VENISON PASTY.

Take a neck, shoulder, or breast of venison that has not hung too long; bone it, trim off all the skin, and cut it into pieces two inches square, and put them into a stewpan with three gills of port wine, two onions, or a few shallots sliced, some pepper, salt, three blades of mace, about a dozen allspice, and enough veal broth to cover it; put it over a slow fire, and let it stew till three parts done; put the trimmings into another saucepan, cover it with water, and set it on a fire; take out the pieces you intend for the pasty, and put them into a deep dish with a little of their liquor, and set it by to cool; then add the remainder of the liquor to the bones and trimmings, and boil it till the pasty is ready; then cover the pasty with paste, ornament the top, and bake it for two hours in a slow oven; and before it is sent to table, pour in a sauce made with the gravy the venison was stewed in, strained and skimmed free from fat, some pepper, salt, half a gill of port, the juice of half a lemon, and a little flour and butter to thicken it.

#### RUMP-STEAK PIE.

Cut three pounds of rump-steak (that has been kept till tender) into pieces half as big as your hand; trim off all the skin, sinews, and every part which has not indis-

putable pretensions to be eaten, and beat them with a chopper; chop very fine half a dozen shallots, and add them to half an ounce of pepper and salt mixed; strew some of the mixture at the bottom of the dish, then a layer of steak, then some more of the mixture, and so on till the dish is full; add half a gill of mushroom catchup, and the same quantity of gravy or red wine; cover it as in the preceding receipt, and bake it two hours.

### VEAL PIE.

Take some of the middle or serag of a small neck; season it, and either put to it or not a few slices of lean bacon or ham. If it is wanted of a high relish, add mace, Cayenne, and nutmeg to the salt and pepper, and also forcemeat and eggs, and, if you choose, add truffles, morels, mushrooms, sweetbreads cut into small bits, and cock's-comb blanched, if liked; have a rich gravy ready to pour in after baking. It will be very good without any of the latter additions.

### A RICH VEAL PIE.

Cut steaks from a neck or breast of veal; season them with pepper, salt, nutmeg, and a very little clove in powder; slice two sweetbreads, and season them in the same manner; lay a puff paste on the ledge of the dish, then put the meat, yolks of hard eggs, the sweetbreads, and some oysters up to the top of the dish; lay over the whole some very thin slices of ham, and fill up the dish with water; cover, and when it is taken out of the oven pour in at the top, through a funnel, a few spoonfuls of good veal gravy, and some cream to fill up, but first boil it up with a tea-spoonful of flour; truffles, &c., if approved.

### VEAL (OR CHICKEN) AND PARSLEY PIE.

Cut some slices from the leg or neck of veal—if the leg, from about the knuckle; season them with salt; scald some parsley that is picked from the stems, and squeeze it dry; cut it a little, and lay it at the bottom of the dish; then put the meat, and so on, in layers; fill the dish with new milk, but not so high as to touch the crust; cover it, and when baked pour out a little of the milk, and put in half a pint of good scalded cream.

Chicken may be cut upskinned, and made in the same way.

### CALF'S-HEAD PIE.

Stew a knuckle of veal till fit for eating, with two onions, a few isinglass shavings, a bunch of herbs, a blade

of mace, and a few pepper-corns in three pints of water ; keep the broth for the pie ; take off a bit of the meat for the balls, and let the other be eaten, but simmer the bones in the broth till it is very good ; half boil the head, and cut it into square bits ; put a layer of ham at the bottom, then some head—first fat, then lean—with balls and hard eggs cut in half, and so on till the dish be full, but be particularly careful not to place the pieces close, or the pie will be too solid, and there will be no space for the jelly. The meat must be first pretty well seasoned with pepper and salt, and a scrape or two of nutmeg. Put a little water and a little gravy into the dish, and cover it with a tolerably thick crust ; bake it in a slow oven, and, when done, pour into it as much gravy as it can possibly hold, and do not cut it till perfectly cold, in doing which, observe to use a very sharp knife, and first cut out a large bit, going down to the bottom of the dish ; and when done thus, thinner slices can be cut. The different colours and the clear jelly have a beautiful marbled appearance.

A small pie may be made to eat hot, which with high seasoning, oysters, mushrooms, truffles, morels, &c., has a very good appearance.

The cold pie will keep many days. Slices make a pretty side dish.

Instead of isinglass, use a calf's foot or a cow-heel, if the jelly is not likely to be stiff enough.

The pickled tongues of former calves heads may be cut in, to vary the colour, instead of or besides ham.

#### PORK PIES, TO EAT COLD.

Raise common boiled crust into either a round or oval form, as you choose ; have ready the trimming and small bits of pork cut off when a hog is killed, and if these are not enough, take the meat of a sweet bone ; beat it well with a rolling-pin, season with pepper and salt, and keep the fat and lean separate ; put it in layers, quite close up to the top ; lay on the lid ; cut the edge smooth round, and pinch it ; bake in a slow soaking oven, as the meat is very solid. Directions for raising the crust will be given hereafter. The pork may be put into a common dish, with a very plain crust, and be quite as good. Observe to put no bone or water into the pork pie ; the outside of the pieces will be hard, unless they are cut small and pressed close.

#### MUTTON PIE.

Cut steaks from a loin or neck of mutton that has hung ; beat them, and remove some of the fat ; season

with salt, pepper, and a little onion ; put a little water at the bottom of the dish, and a little paste at the edge ; then cover with a moderately thick paste. Or raise small pies, and breaking each bone in to shorten it, season, and cover it over, pinching the edge. When they come out, pour into each a spoonful of gravy made of a bit of mutton.

### SQUAB PIE.

Cut apples as for other pies, and lay them in rows with mutton chops ; shred onion, and sprinkle it among them, and also some sugar.

### LAMB PIE.

Make it of the loin, neck, or breast. The breast of house-lamb is one of the most delicate things that can be eaten. It should be very lightly seasoned with pepper and salt, the bone taken out, but not the gristles, and a small quantity of jelly gravy be put in hot ; but the pie should not be cut till cold. Put two spoonfuls of water before making.

Grass-lamb makes an excellent pie, and may either be boned or not, but not to bone it is perhaps the best. Season with only pepper and salt ; put two spoonfuls of water before baking, and as much gravy when it comes from the oven.

*Note.*—Meat pies being fat, it is best to let out the gravy on one side, and put it in again by a funnel at the centre, and a little may be added.

### VOL AU VENT.

Roll off tart paste till about the eighth of an inch thick ; then, with a tin cutter made for that purpose (about the size of the bottom of the dish you intend sending to table), cut out the shape, and lay it on a baking-plate with paper ; rub it over with yolk of egg ; roll out good puff paste an inch thick, stamp it with the same cutter, and lay it on the tart paste ; then take a cutter two sizes smaller, and press it in the centre nearly through the puff paste ; rub the top with yolk of egg, and bake it in a quick oven about twenty minutes, of a light brown colour ; when done, take out the paste inside the centre mark, preserving the top ; put it on a dish in a warm place, and when wanted fill it with a white fricassee of chicken, rabbit, &c.

### CHICKEN PIE.

Cut up two young fowls ; season with white pepper, salt, a little mace, and nutmeg, all in the finest powder ;

likewise a little Cayenne; put the chicken, slices of ham, or fresh gammon of bacon, forcemeat balls, and hard eggs by turns in layers. If it is to be baked in a dish, put a little water, but none if in a raised crust. By the time it returns from the oven, have ready a gravy of knuckle of veal, or a bit of the scrag with some shank bones of mutton, seasoned with herbs, onions, mace, and white pepper. If it is to be eaten hot, you may add truffles, morels, mushrooms, &c., but not if to be eaten cold. If it is made in a dish, put as much gravy as will fill it; but in raised crust the gravy must be nicely strained, and then put in cold, as jelly. To make the jelly clear, you may give it a boil with the whites of two eggs, after taking away the meat, and then run it through a fine lawn sieve.

*Rabbits*, if young and in flesh, do as well; their legs should be cut short, and the breast-bones must not go in, but will help to make the gravy.

#### GREEN-GOOSE PIE.

Bone two young green-geese, of a good size, but first take away every plug, and singe them nicely; wash them clean, and season them high with salt, pepper, mace, and allspice; put one inside the other, and press them as close as you can, drawing the legs inwards; put a good deal of butter over them, and bake them either with or without crust; if the latter, a cover to the dish must fit close, to keep in the steam. It will keep long.

#### DUCK PIE.

Bone a full-grown young duck and fowl; wash them and season with pepper and salt, and a small proportion of mace and allspice in the finest powder; put the fowl within the duck, and in the former a calf's tongue pickled red, boiled very tender, and peeled; press the whole close; the skins of the legs should be drawn inwards, that the body of the fowl may be quite smooth. If approved, the space between the sides of the crust may be filled with a fine forcemeat, made according to the receipt given for making forcemeat in page 112. Bake it in a slow oven, either in raised crust or pie-dish, with a thick crust, ornamented.

The large pies in Staffordshire are made as above, but with a goose outside, then a turkey, a duck next, then a fowl, and either tongue, small birds, or forcemeat in the middle.



## GIBLET PIE.

After very nicely cleaning goose or duck gIBLETS, stew them with a small quantity of water, onion, black pepper, and a bunch of sweet herbs, till nearly done; let them grow cold, and if not enough to fill the dish, lay a beef, veal, or two or three mutton steaks at the bottom; put the liquor of the stew to bake with the above, and when the pie is baked, pour into it a large tea-cupful of cream.

Sliced potatoes added to it eat extremely well.

## PIGEON PIE.

Rub the pigeons with pepper and salt, inside and out. In the former put a bit of butter, and, if approved, some parsley chopped with the livers, and a little of the same seasoning; lay a beef steak at the bottom of the dish, and the birds on it; between every two a hard egg; put a cup of water in the dish, and if you have any ham in the house, lay a bit on each pigeon; it is a great improvement to the flavour.

Observe, when ham is cut for gravy or pies, to take the under part rather than the prime.

Season the gizzards and the two joints of the wings, and put them in the centre of the pie; and over them, in a hole made in the crust, three feet, nicely cleaned, to show what pie it is.

## PIGEON OR LARK PIE.

Truss half a dozen fine large pigeons as for stewing; season them with pepper and salt; lay at the bottom of the dish a rump steak of about a pound weight, cut into pieces and trimmed neatly, seasoned, and beat out with a chopper; on it lay the pigeons, the yolks of three eggs boiled hard, and a gill of broth or water, and over these a layer of steaks; wet the edge of the dish, and cover it over with puff paste; wash it over with yolk of egg, and ornament it with leaves of paste and the feet of the pigeons; bake it an hour and a half in a moderate-heated oven. Before it is sent to table make an aperture in the top, and pour in some good gravy, quite hot.

## PARTRIDGE PIE, IN A DISH.

Pick and singe four partridges; cut off the legs at the knee; season with pepper, salt, chopped parsley, thyme, and mushrooms; lay a veal steak and a slice of ham at the bottom of the dish; put the partridges in, and half a pint of good broth; put puff paste on the edge of

the dish, and cover with the same ; brush it over with egg, and bake an hour.

#### FRENCH PIE.

Lay a puff paste round on the ledge of the dish, and put in either veal in slices, rabbits or chickens jointed, with foremeat balls, sweetbreads cut in pieces, artichoke bottoms, and a few truffles.

#### RAISED FRENCH PIE.

Make about two pounds of flour into a paste ; knead it well, and into the shape of a ball ; press your thumb into the centre, and work it by degrees into any shape (oval or round is the most general), till about five inches high ; put it on a sheet of paper, and fill it with coarse flour or bran ; roll out a covering for it about the same thickness as the sides ; cement its sides with the yolk of egg ; cut the edges quite even, and pinch it round with the finger and thumb ; yolk of egg it over with a paste-brush, and ornament it in any way fancy may direct with the same kind of paste ; bake it of a fine brown colour in a slow oven, and, when done, cut out the top, remove the flour or bran, brush it quite clean, and fill it up with a fricassee of chicken, rabbit, or any other *entrée* most convenient. Send it to table with a napkin under.

#### VEGETABLE PIE.

Scald and blanch some broad beans ; cut young earrots, turnips, artichoke bottoms, mushrooms, peas, onions, lettuce, parsley, or any of them you have ; make the whole into a nice stew with some good veal gravy ; bake a crust over a dish, with a little lining round the edge, and a cup turned up to keep it from sinking. When baked, open the lid and pour in the stew.

#### POTATO PIE.

Skin some potatoes, and cut them into slices ; season them ; and also some mutton, beef, pork, or veal. Put layers of them and of the meat.

#### RAISED CRUST FOR MEAT PIES OR FOWLS, &c.

Boil water with a little fine lard, and an equal quantity of fresh dripping, or of butter, but not much of either. While hot, mix this with as much flour as you will want, making the paste as stiff as you can to be smooth, which you will make by good kneading and beating it with the

rolling pin. When quite smooth, put a lump into a cloth, or under a pan, to soak till near cold.

Those who have not a good hand at raising crust may do thus :—Roll the paste of a proper thickness, and cut out the top and bottom of the pie, then a long piece for the sides. Cement the bottom to the sides with egg, bringing the former rather further out, and pinching both together; put egg between the edges of the paste to make it adhere at the sides. Fill your pie and put on the cover, and pinch it and the side-crust together. The same mode of uniting the paste is to be observed if the sides are pressed into a tin form, in which the paste must be baked, after it shall be filled and covered; but in the latter case the tin should be buttered, and carefully taken off when done enough; and as the form usually makes the sides of a lighter colour than is proper, the paste should be put into the oven again for a quarter of an hour. With a feather, put egg over at first.

#### BEEF STEAK PUDDING.

Of all savoury puddings, perhaps those made with beef are the best. The following is the mode of making them in all the clubs :—

Take from one pound to one pound and a half of the inside of a sirloin of beef, or the same quantity of rump steak, cutting off part of the fat; beat it until tender, cut it thin, and divide into small slices along with two mutton kidneys or one veal kidney; to these add a dozen of native oysters, bearded. The whole is then seasoned with pepper and salt, a minced shallot, and chopped parsley. Boil it from two hours and a half to three hours. When done, have ready some strong beef gravy, made savoury with a little mushroom catchup; make a hole in the paste, and pour it into the pudding.

If for a family pudding the oysters and the kidneys may be omitted: let the steak be prepared as above, adding, if you choose, some layers of sliced onions.

#### MUTTON AND KIDNEY PUDDING.

Cut slices from an underdone leg of mutton, with kidneys sufficient to form alternate layers, mixed with some minced onions. It may be made either in a shape or solely in paste, but in either case it should not be very highly seasoned: it should, however, have some good gravy, to be poured into it when boiled, for which walnut catchup will be found more appropriate than mushroom.

## G A M E.

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### TO KEEP GAME, &c.

Game ought not to be thrown away even when it has been kept a very long time; for when it seems to be spoiled it may often be made fit for eating by nicely cleaning it, and washing with vinegar and water. If there is danger of birds not keeping, draw, crop, and pick them; then wash in two or three waters, and rub them with salt. Have ready a large saucepan of boiling water, and plunge them into it one by one; drawing them up and down by the legs, that the water may pass through them. Let them stay five or six minutes in; then hang them up in a cold place. When drained, pepper and salt the insides well. Before roasting, wash them well.

The most delicate birds (even grouse) may be preserved thus. Those that live by suction cannot be done this way, as they are never drawn: and perhaps the heat might make them worse, as the water could not pass through them; but they bear being high.

Lumps of charcoal put about birds and meat will preserve them from taint, and restore what is spoiling.

### PHEASANTS AND PARTRIDGES.

Roast them as turkey; and serve with a fine gravy (into which put a very small bit of garlic), and bread-sauce. When cold, they may be made into excellent patties, but their flavour should not be overpowered by lemon.

### TO POT PARTRIDGES.

Clean them nicely; and season with mace, allspice, white pepper, and salt, in fine powder. Rub every part well; then lay the breast downwards in a pan, and pack the birds as closely as you possibly can. Put a good deal of butter on them; then cover the pan with a coarse flour paste and a paper over, tie it close, and bake. When cold, put the birds into pots, and cover them with butter.

### PARTRIDGES.

If killed on the first of the month, you may dress your birds on the 9th. They will be all the better for having

been drawn as soon after they come to hand as possible. I recommend the cook to abstain from the common custom of sticking one leg through the other, as it renders the carving difficult. A good rich gravy sauce is essential with partridge, which, with all its flavour, is a very dry-meated bird. Some folks use bread sauce, or an abomination so called, being, in fact, nothing more or less than spiced pap!

#### POTTED PHEASANT, PARTRIDGE, GROUSE, OR SNIPE.

It is absolutely essential that the birds intended for potting should be quite fresh: let them be carefully boned. Make a forcemeat in the proportion of a pound of fillet of veal to a pound and a quarter of fat bacon; let these be chopped and pounded very fine, and then rubbed through a wire sieve, to take away the sinews, &c. Place the forcemeat again in the mortar, and beat up spice, Cayenne, and salt, to your taste; be careful not to use too much of the latter, if your bacon be well cured. Have some half dozen fresh green truffles washed, peeled, and warmed in butter; mix all the ingredients. Place a layer of forcemeat at the bottom of each of your pots, then put in the birds, well stuffed with the same; line the sides of the pots with slices of bacon, and cover with forcemeat. Bake in a slow oven for an hour and a quarter. When perfectly cold, pour melted suet and lard, melted, in equal quantities over the top of each pot, and tie them down with bladders. Some cooks add a little calf's liver to the forcemeat, to produce an additional flavour; but we do not approve of the introduction.

#### TO CLARIFY BUTTER FOR POTTING.

Put it into a sauce-boat, and set them over the fire in a stewpan that has a little water in. When melted, take care not to pour the milky parts over the potted things: they will sink to the bottom.

#### TO POT MOOR GAME.

Pick, singe, and wash the birds nicely; then dry them, and season, inside and out, pretty high, with pepper, mace, nutmeg, allspice, and salt. Pack them in as small a pot as will hold them, cover them with butter, and bake in a very slow oven. When cold, take off the butter, dry them from the gravy, and put one bird into each pot, which should just fit. Add as much more butter as will cover them, but take care that it does not oil. The best way to



melt it is by warming it in a basin set in a bowl of hot water.

#### GROUSE.

Roast them like fowls, but the head is to be twisted under the wing. They must not be over-done. Serve with a rich gravy in the dish, and bread sauce. The sauce for wild fowl, described under the head of SAUCES, may be used instead of common gravy.

#### TO ROAST WILD FOWL.

The flavour is best preserved without stuffing. Put pepper, salt, and a piece of butter into each.

Wild fowl require much less dressing than tame; they should be served of a fine colour, and well frothed up. A rich brown gravy should be sent in the dish; and when the breast is cut into slices before taking off the bone, a squeeze of lemon, with pepper and salt, is a great improvement to the flavour.

To take off the fishy taste which wild fowl sometimes have, put an onion, salt, and hot water, into the dripping-pan, and baste them for the first ten minutes with this, then take away the pan, and baste constantly with butter.

#### WILD DUCKS.

A brisk fire is necessary for roasting these birds; baste and dredge them well; allow twenty minutes for cooking, if you desire to have them full of gravy. Serve with gravy sauce, to which a chopped shallot, and the juice of a Seville orange has been added.

#### HASHED WIDGEON, TEAL, OR WILD DUCK.

It is not possible to make good hash of wild fowl over roasted; to eat this dish in perfection, the birds should be half dressed expressly for the purpose. Cut them into joints, mix the juice of two Seville oranges with two table-spoonfuls of Reading or home-made sauce, a gill of port wine, a tea-spoonful of mushroom powder, and four artichoke bottoms, broken into bits; see that you have enough to cover the flesh, adding a little more of each liquid if necessary; make it boil, and ten minutes before the hash is required, put in the meat, and let it simmer gently for that time.

#### WOODCOCKS, SNIPES, AND QUAILS

Keep good several days. Roast them without drawing, and serve on toast. Butter only should be eaten with

them, as gravy takes off the fine flavour. The thigh and back are esteemed the most.

#### RUFFS AND REEVES

Are skewered as quails ; put bars of bacon over them, and roast them about ten minutes. Serve with a good gravy in the dish.

#### PLOVERS.

Roast the *green* ones in the same way as woodcocks, without drawing ; and serve on a toast. *Grey* plovers may be either roasted or stewed with gravy, herbs, and spice.

*Plover's Eggs* are a nice and fashionable dish. Boil them ten minutes, and serve either hot or cold on a napkin.

#### ORTOLANS ROASTED.

Pick and singe, but do not draw them. Tie on a bird-spit, and roast them. Some persons like bacon in slices tied between them, but the taste of it spoils the flavour of the ortolan. Cover them with crumbs of bread.

#### GUINEA OR PEA FOWL.

These must be larded, or instead, slices of fat bacon or ham may be skewered over the bird while roasting, and it requires plentiful basting, the meat being dry.

#### PARTRIDGES BROILED.

A brace of partridges trussed, split down the back, and dressed as fowl, will be found very palatable, with the advantage of being cooked in half the time required for roasting them.

#### BLACK COCK.

These delicious birds should be dressed before a bright fire, and great care taken that they be well basted, and not over-done. Ten minutes before serving, make a round of toast, squeeze the juice of a lemon over it, and then lay it in the dripping-pan ; place the birds upon this for table, and send melted butter only, as highly seasoned gravy destroys the flavour of the bird.

#### HARES,

If properly taken care of, will keep a great time, and even when the cook fancies them past eating, may be in the highest perfection ; which if eaten when fresh killed

they are not. As they are usually paunched in the field, the cook cannot prevent this; but the hare keeps longer, and eats much better, if not opened for four or five days, or according to the weather.

The sooner a hare is paunched after killing the better; it must be wiped quite dry, the heart and liver taken out, and the liver scalded to keep for the stuffing. Repeat this wiping every day; mix pepper and ginger, and rub on the inside; and put a large piece of charcoal into it. Apply the spice early to prevent that musty taste which long keeping in the damp occasions, and which also affects the stuffing. An old hare should be kept as long as possible, if to be roasted. It must also be well soaked.

#### HARE, ROASTED.

After it is skinned, let it be extremely well washed, and then soaked an hour or two in water; and if old, lard it; which will make it tender, as also will letting it lie in vinegar. If, however, it is put into vinegar, it should be exceedingly well washed in water afterwards. Put a large relishing stuffing into the belly, and then sew it up. Baste it well with milk till half done, and afterwards with butter. If the blood has settled in the neck, soaking the part in warm water, and putting it to the fire warm, will remove it; especially if you also nick the skin here and there with a small knife, to let it out. The hare should be kept at a distance from the fire at first. Serve with a fine froth, rich gravy, melted butter, and currant jelly sauce; the gravy in the dish. For stuffing, use the liver, an anchovy, some fat bacon, a little suet, herbs, pepper, salt, nutmeg, a little onion, crumbs of bread, and an egg to bind it all. The ears must be nicely cleaned and singed.

In the west of England—and we know no part of the world where good living is better understood—a hare, after being properly stuffed, is basted for the first seven minutes with strong salt and water, a fresh dripping-pan is then put under it, and milk is used, in which about half a pound of butter has been dissolved. The animal is dredged with flour occasionally, and it is calculated by cooks who pursue this plan, that when the eyes start from the sockets, the hare is fit to be sent to table.

#### HASHED HARE.

Into a pint of beef gravy put a couple of silver onions, and three or four cloves, with a small quantity of Cayenne and salt: let this boil slowly till you have extracted the flavour of the spice and vegetables; take take them out

and add two table-spoonfuls of red currant jelly, and a good-sized wine glass of port: when all is quite hot, put in the hare, previously cut into small pieces; and, should any of the stuffing be left, crumble it into the saucepan. Do not suffer the meat to remain long in the sauce. Serve it hot with sippets and currant jelly.

#### TO JUG AN OLD HARE.

After cleaning and skinning, cut it up: and season it with pepper, salt, allspice, pounded mace, and a little nutmeg. Put it into a jar with an onion, a clove or two, a bunch of sweet herbs, a piece of coarse beef, and the carcase bones over all. Tie the jar down with a bladder, leather, or strong paper: and put it into a saucepan of water up to the neck, but no higher. Keep the water boiling five hours. When it is to be served, boil the gravy up with a piece of butter and flour; and if the meat gets cold, warm it in this, but not to boil.

#### BROILED AND HASHED HARE.

The flavour of broiled hare is particularly fine; the legs and shoulders must be seasoned first; rub with cold butter, and serve very hot. The other parts, warmed with gravy and a little stuffing, may be served separately.

#### TO POT HARE,

For which an old one does well, as likewise for soup and pie. After seasoning it, bake it with butter. When cold, take the meat from the bones, and beat it in a mortar. If not high enough add salt, mace, pepper, and a piece of the finest fresh butter melted in a spoonful or two of the gravy that came from the hare. When well mixed put it into small pots, and cover with butter. The legs and back should be baked at the bottom of the jar, to keep them moist, and the bones be put over them.

#### RABBITS

May be eaten various ways as follows:—

Roasted with stuffing and gravy, like hare: or without stuffing; with sauce of the liver and parsley chopped in melted butter, pepper, and salt; or larded.

Boiled, and smothered with onion sauce; the butter to be melted with milk instead of water.

Fried in joints, with dried or fried parsley. The same also with liver sauce.

Fricasseed, as directed for chickens.

In a pie, as chickens, with foremeat, &c. In this way they are excellent when young.

#### TO MAKE A RABBIT TASTE MUCH LIKE HARE.

Choose one that is young, but full-grown; hang it in the skin three or four days; then skin it, and lay it, without washing, in a seasoning of black pepper and allspice in a very fine powder, a glass of port wine, and the same quantity of vinegar. Baste it occasionally for forty hours; then stuff it and roast it as a hare, and with the same sauce.

#### TO POT RABBITS.

Cut up two or three young but full-grown ones, and take the leg bones off at the thigh; pack them as closely as possible in a small pan, after seasoning them with pepper, mace, Cayenne, salt, and allspice, all in very fine powder. Make the top as smooth as you can. Keep out the heads and the carcasses, but take off the meat about the neck. Put a good deal of butter, and bake the whole gently. Keep it two days in the pan, then shift it into small pots, adding butter. The livers also should be added, as they add to the flavour.

#### TO BLANCH RABBIT, FOWL, &c.,

Is to set it on the fire in a small quantity of cold water, and let it boil; as soon as it boils, it is to be taken out, and put into cold water for a few minutes.

#### LARKS AND OTHER SMALL BIRDS.

These delicacies are in high season in the month of November. When picked, gutted, and cleaned, truss them; brush them over with the yolk of an egg and then roll them in bread-crumbs; spit them on a lark spit; baste with fresh butter while roasting; a quarter of an hour will do them. Serve with fried bread-crumbs.

#### WHEATEARS

Are dressed as larks.

#### FAWNS,

Like sucking pigs, should be dressed almost as soon as killed; they are generally stuffed and roasted whole. They require basting well when roasting. Serve with venison sauce.



## S A L A D S.

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### A VERSIFIED RECIPE FOR MAKING SALAD.

Two large potatoes, passed thro' kitchen sieve,  
 Smoothness and softness to the salad give :  
 Of mordent mustard add a single spoon ;  
 Distrust the condiment that bites too soon :  
 But deem it not, thou man of herbs, a fault  
 To add a double quantity of salt.  
 Four times the spoon with oil of Lucca crown,  
 And twice with vinegar procured from "town ;"  
 Truc flavour needs it, and your poet begs  
 The pounded yellow of two well-boiled eggs.  
 Let onion's atoms lurk within the bowl,  
 And scarce suspected animate the whole ;  
 And, lastly, in the flavoured compound toss  
 A magic spoonful of anchovy sauce.  
 O ! great and glorious ! O herbaceous treat !  
 'Twould tempt the dying anchorite to eat.  
 Back to the world he'd turn his weary soul  
 And plunge his fingers in the salad bowl.

### SALAD VINEGAR.

Monsieur Parmentier, some five-and-thirty years ago, published a work called "L'Art de faire des Vinaigres." We remember being struck with one of his recipes, that of making a vinegar peculiarly adapted for the dressing of salads. We tried the experiment in a small way, and found the trouble amply rewarded. Here are the ingredients, and the mode of proceeding :—

Shallots, sweet savory, chives, and tarragon, of each three ounces ; two table-spoonfuls of dried mint leaves, and the same quantity of balm ; pound all these in a mortar, and put them into a stone jar holding a gallon of strong white-wine vinegar ; cork it down securely ; let it stand for a couple of weeks exposed to the sun, strain it off, press as much juice as possible from the herbs, &c., and filter it through a flannel bag.

### MIXTURE FOR SALAD.

The yolks of two eggs, boiled for at least an hour, must first be rubbed up with a tea-spoonful of salt, and

two of flour of mustard, into a perfect powder, three table-spoonfuls of fine Florence oil must be added, a few drops at a time, and well amalgamated with the egg, salt, and mustard; as soon as this mixture is quite smooth, add two table-spoonfuls of vinegar, in the same manner as you have applied the oil.

It is advisable, before you make the mixture, to see that your vegetables are properly prepared. Let your lettuces be carefully picked leaf by leaf, and cleaned with a *dry* cloth; the common process of soaking them in water destroys the true flavour. Small salad *may* be washed, but should be well dried before putting into the bowl. Beet-root in thin slices, young onions if agreeable, lamb salad, endive, celery, &c., &c., according to the season. Having cut up your vegetables, and made the dressing as above, grate a small quantity of Parmesan cheese over your "green meat," and then pour on the mixture, stirring it well together with a wooden fork and spoon.

An excellent substitute for the yolk of eggs is a good-sized *very* mealy potato, beaten up in the same manner as directed.

#### OUR OWN MIXTURE FOR SALAD.

Take a tea-spoonful each of good mustard, brown sugar, and essence of anchovy; incorporate these, and add one table-spoonful of vinegar and two table-spoonfuls of Florence oil; well mix all together; then cut the lettuce, previously well cleansed, into the mixture. Some add a few shreds of onion, others a slight shred of garlic.

#### LOBSTER SALAD.

Prepare the meat as directed in the recipe for "Hot Lobsters" previous to warming it; amalgamate it well with either of the salad mixtures, omitting the beet-root and the use of Parmesan cheese.

Cold turbot or boiled sole are excellent materials for salad: both are improved by the introduction of a few prawns; a well-washed anchovy, boned and shredded, may be added by those who do not object to the flavour of this fish.

#### BOLOGNA SAUSAGE SALAD.

A very pretty and acceptable dish may be formed by peeling and cutting into slices a Bologna sausage, and placing it round a dish, with alternate slices of egg boiled hard, filling the centre with a well-dressed salad, according to the directions before given.

## RED CABBAGE AND CELERY SALAD.

An excellent winter salad may be prepared with the above-named vegetables. Tear away the outside leaves of a red cabbage, and cut thin slices from it till you have half filled your salad bowl; pour vinegar over the cabbage, and let it stand for half an hour. Five minutes before you require to serve, shred celery into a plate; into another pour off the vinegar from the bowl, and mix it with oil, salt, and Cayenne; return the mixture to the bowl, put in the celery, stir all well together, and you will find this a very piquant relish at a season when other salads are scarce.

## FRENCH SALAD.

Chop three anchovies, a shallot, and some parsley small, put them into a bowl with two table-spoonfuls of vinegar, one of oil, a little mustard, and salt. When well mixed, add by degrees some cold roast or boiled meat in *very thin* slices; put in a few at a time, not exceeding two or three inches long. Shake them in the seasoning, and then put more; cover the bowl close, and let the salad be prepared three hours before it is to be eaten.

## ITALIAN SALAD

Is made by picking the white portion of a cold fowl from the bones in small flakes, piling it in the centre of a dish, and pouring a salad mixture over, enriched with cream; make a wall around with salad of any kind, laying the whites of the eggs, cut into rings, on the top in a chain.

## SPANISH SALAD.

Take whatever salad can be got, wash it in many waters, shake it in a small net, or in napkins, till nearly dry, chop up onions and tarragon, take a bowl, put in equal quantities of vinegar and water, a tea-spoonful of pepper and salt, and four times as much oil as vinegar and water; mix the same well together; take care never to put the lettuce into the sauce till the moment the salad is wanted, or it loses all its crispness and becomes sodden.

## VEGETABLE SALADS,

Made of roots which have been boiled, also make good winter salads, amongst which *potato salad* is perhaps the best. Cut the roots into thin slices, season them with pepper and salt, and pour over them the salad mixture, to which may be added, if the flavour be not disapproved, a few slices of raw onion.

## OMELETTES AND OTHER ENTRE-METS.

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### OMELETTES.

There is no dish which in this country may be considered as coming under the denomination of a made dish of the second order which is so generally eaten, if good, as an omelette, and no one is so often badly dressed. It is a very faithful assistant in the construction of a dinner.

The great merit of an omelette is, that it should not be greasy, burnt, nor too much done; if too much of the white of the eggs is left in, no art can prevent its being hard, if it is done. To dress the omelette, the fire should not be too hot, as it is an object to have the whole substance heated, without much browning the outside.

One of the great errors in the cooking an omelette is, that it is too thin; consequently, instead of feeling full and moist in the mouth, the substance presented is little better than a piece of fried leather. To get the omelette thick is one of the great objects. With respect to the flavours to be introduced, these are infinite. That which is most common, however, is the best, viz. finely-chopped parsley and chives, or onions or shallots. However, one made of a mixture of tarragon, chervil, and parsley is a very delicate variety, omitting or adding the onion or chives. Of the meat flavours, the veal kidney is the most delicate, and is the most admired by our neighbours the French. This should be cut in dice, and should be dressed (boiled) before it is added. In the same manner ham and anchovies, shred small, or tongue, will make a very delicately-flavoured dish.

The objection to an omelette is, that it is too rich, which makes it advisable to eat but a small quantity. An addition of some finely-mashed potatoes, about two table-spoonfuls to an omelette of six eggs, will much lighten it.

Omelettes are often served with rich gravy; but, as a general principle, no substance which has been fried should be served in gravy, but accompanied by it, or what ought to eat dry and crisp becomes sodden and flat.

In the compounding the gravy, great care should be taken that the flavour does not overcome that of the ome-

lette—a thing too little attended to. A fine gravy, with a flavouring of sweet herbs and onions, we think the best. Some add a few drops of tarragon vinegar, but this is to be done only with great care. Gravies to omelettes are in general thickened. This should never be done with flour. Potato starch or arrow-root is the best.

Omelettes should be fried in a small fryingpan, made for that purpose, with a small quantity of butter. The omelette's great merit is to be thick, so as not to taste of the outside, therefore use only half the number of whites that you do yolks of eggs. Every care must be taken in frying, even at the risk of not having it quite set in the middle. An omelette, which has so much vogue abroad, is here in general a thin doubled-up *piece of leather*, and harder than soft leather sometimes. The fact is, that as much care must be bestowed on the frying, as should be taken in poaching an egg. A salamander is necessary to those who will have the top brown; but the kitchen shovel may be substituted for it.

The following receipt is the basis of all omelettes, of which you may make an endless variety, by taking, instead of the parsley and shallot, a portion of sweet herbs, or any of the articles enumerated in the table of materials used for making forcemeats.

Omelettes are called by the name of what is added to flavour them—a ham or tongue omelette, an anchovy or a veal-kidney omelette, &c. These are prepared exactly in the same way as in the first receipt, leaving out the parsley and shallot, and mincing the ham or kidney very fine, &c., and adding that in the place of them, and then pour over them all sorts of thickened gravies, sauces, &c.

Five or six eggs will make a good-sized omelette; break them into a basin, and beat them well with a fork, and add a salt-spoonful of salt; have ready chopped two drachms of onion or three drachms of parsley, a good clove of shallot, minced very fine; beat it well up with the eggs; then take four ounces of fresh butter, and break half of it into little bits, and put it into the omelette, and the other half into a very clean fryingpan; when it is melted, pour in the omelette, and stir it with a spoon till it begins to set; then turn it up all round the edges, and when it is of a nice brown it is done. The safest way to take it out is to put a plate on the omelette, and turn the pan upside down. Serve it on a hot dish. It should never be done till just wanted. *If maigre*, grated cheese, shrimps, or oysters. If oysters, boil them four minutes, and take away the beard and gristly part.



**FRIED EGGS.**

Take eggs ready boiled hard, and either fry them whole or cut them in half. When they are boiled (they will take five minutes), let them lie in cold water till you want to use them; then roll them lightly with your hand on a table, and they will peel without breaking; put them on a cloth to dry, and dredge them lightly with flour; beat two eggs in a basin, dip the eggs in (one at a time), and then roll them in fine bread-crumbs, or in duck or veal stuffing; set them away ready for frying; fry them in hot oil or clarified butter; serve them up with mushroom sauce, or any other thickened sauce you please. Crisp parsley is a pretty garnish.

Or, do not boil the eggs till wanted; boil them ten minutes, peel them as above, cut them in half, put them on a dish, and have ready a sauce made of two ounces of butter and flour, well rubbed together on a plate, and put it in a stewpan with three quarters of a pint of good milk; set it on the fire, and stir it till it boils. If it is not quite smooth, strain it through a sieve, chop some parsley and a clove of shallot as fine as possible, and put in your sauce; season it with salt to your taste. A little mace and lemon-peel boiled with the sauce will improve it. If you like it still richer, you may add a little cream, or the yolks of two eggs, beat up with two table-spoonfuls of milk, and stir it in the last thing. Do not let it boil after. Place the half eggs on a dish, with the yolks upward, and pour the sauce over them.

• **RAMEQUINS.**

Scrape a quarter of a pound each of Cheshire and Gloucester cheese, also of good fresh butter; then beat all in a mortar with the yolks of four eggs, and the inside of a small French roll boiled in cream till soft; mix the paste with the whites of the eggs previously beaten, and put into small paper pans made rather longer than square, and bake in a Dutch oven till of a fine brown. They should be eaten quite hot. Some like the addition of a glass of white wine. The batter for ramequins is equally good over macaroni when boiled tender; or on stewed brocoli, celery, or cauliflower, a little of the gravy they have been stewed in being put in the dish with them, but not enough to make the vegetables swim.

**CHEESECAKES VERITABLE.**

Put a piece of butter, about the size of two walnuts, in about a quarter of a pint of water and a tea-spoonful of salt, melt the butter on the fire till it boils, in the meanwhile thickening with flour, stirring it well, until it becomes a

thick paste ; then put in, one at a time, four eggs well beaten, and add a quarter of a pound of good cream-cheese thereto ; pour into puff paste, and bake. It may be eaten either hot or cold.

#### FONDEAU.

Take equal quantities of grated Parmesan and good Cheshire cheese, and add about double the weight of this in beaten yolks of eggs and melted butter, beat well together ; add pepper and salt, and then put to it the whites of the eggs, which have been beaten separately ; stir them lightly in, and bake it in a deep dish ; fill only half full, as it will rise very much. Serve quite hot.

#### SALMAGUNDI

Is a beautiful small dish, if in nice shape, and if the colours of the ingredients are varied. For this purpose chop separately the white part of cold chicken or veal, yolks of eggs boiled hard, the whites of eggs ; parsley, half-a-dozen anchovies, beet-root, red pickled cabbage, ham, and grated tongue, or anything well flavoured, and of a good colour. Some people like a small proportion of onion, but it may be better omitted. A saucer, large tea-cup, or any other base, must be put into a small dish ; then make rows round it wide at the bottom, and growing smaller towards the top, choosing such of the ingredients for each row as will most vary the colours. At the top a little sprig of curled parsley may be stuck in ; or, without anything on the dish, the salmagundi may be laid in rows, or put into the half-whites of eggs, which may be made to stand upright by cutting off a bit at the round end. In the latter case, each half-egg has but one ingredient. Curled butter and parsley may be put as garnish between.

#### MACARONI.

Boil it in milk, or a weak veal broth, pretty well flavoured with salt. When tender, put it into a dish without the liquor, and among it put some bits of butter and grated cheese, and over the top grate more, and a little more butter. Set the dish into a Dutch oven a quarter of an hour, and do not let the top become hard.

#### STEWED CHEESE.

Grate four ounces of sound cheese, and add to it a cupful of cream or milk, and a couple of eggs well beaten ; put in a stewpan an ounce of butter, and when melted stir in the other ingredients, and let it just boil ; it is then ready.

Or, instead of the milk, use good ale, and this requires mustard for a relish.

## VEGETABLES.

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### OBSERVATIONS ON DRESSING VEGETABLES.

VEGETABLES should be carefully cleaned from insects, and nicely washed. Boil them in plenty of water, and drain them the moment they are done enough. If overboiled, they lose their beauty and crispness. Bad cooks sometimes dress them with meat; which is wrong, except carrots with boiling beef.

#### TO BOIL VEGETABLES GREEN.

Be sure the water boils when you put them in. Make them boil very fast. Do not cover, but watch them; and if the water has not slackened, you may be sure they are done when they begin to sink. Then take them out immediately, or the colour will change. We recommend a tea-spoonful of carbonate of soda in the water, to preserve the colour. Hard water, especially if chalybeate, spoils the colour of such vegetables as should be green.

#### TO BOIL THEM GREEN IN HARD WATER.

Put a tea-spoonful of salt of wormwood into the water when it boils, before the vegetables are put in.

#### ASPARAGUS.

Scrape from the head, and cut off the white stalk six or eight inches from the head, wash them in cold water and tie in bundles of about twenty; boil quickly. Toast a slice of bread on both sides, and when the asparagus is done place it nicely on the toast; pour melted butter over all.

#### SEA KALE.

This vegetable is dressed similar to asparagus; it requires boiling from twenty minutes to half an hour.

#### VEGETABLE MARROW—TO BOIL OR STEW.

This is boiled as asparagus. When boiled divide it lengthways into two, and serve it up on a toast accompanied by melted butter; or when nearly boiled, divide it as above, and stew gently in gravy like cucumbers. Care

should be taken to choose young ones not exceeding six inches in length.

### TO KEEP GREEN PEAS.

Shell, and put them into a kettle of water when it boils ; give them two or three warms only, and pour them into a colander. When the water drains off, turn them out on a dresser covered with cloth, and pour them on another cloth to dry perfectly. Then bottle them in wide-mouthed bottles, leaving only room to pour clarified mutton suet upon them an inch thick. Rosin the cork down, and keep the bottles in the cellar. When they are to be used, boil them till tender, with a bit of butter, a spoonful of sugar, and a bit of mint.

### ANOTHER WAY, AS PRACTISED IN THE EMPEROR OF RUSSIA'S KITCHEN.

When they are to be used, let them lie an hour in water ; then set them on with cold water and a bit of butter, and boil them till ready. Put a sprig of dried mint to boil with them.

### GREEN PEAS, PLAIN BOILED,

Should not be overdone, nor in much water. Chop some scalded mint to garnish them, and stir a piece of butter in with them. Half a cos-lettuce placed on the top of the peas improves the flavour : the lettuce nearly all boils away.

### TO STEW GREEN PEAS.

Put a quart of peas, a lettuce and an onion, both sliced, a bit of butter, pepper, salt, and no more water than hangs round the lettuce from washing. Stew them two hours very gently. When to be served, beat up an egg, and stir it into them ; or a little flour and butter. Some think a tea-spoonful of white powdered sugar is an improvement. Gravy may be added, but then there will be less of the flavour of the peas. Chop a bit of mint, and stew them.

### GREEN PEAS FRICASSEE.

Put the peas into a stewpan, with a bit of butter, a faggot of parsley, winter savory, and a very small quantity of warm water ; simmer over a slow fire a long while ; when nearly done, add a little good cream, take out the herbs, finish till very tender : add a little salt and a bit of

butter rolled in flour, sufficient to make the sauce thick; and serve quite hot.

#### OLD PEAS, STEWED.

Stew them in water all night, if not fine boilers; otherwise only half an hour; put them into water enough just to cover them, with a good bit of butter, or a piece of beef or pork. Stew them very gently till the peas are soft and the meat is tender; if it is not salt meat, add salt and a little pepper. Serve them round the meat.

#### DRIED KIDNEY BEANS FRICASSEE.

Soak them in warm water for several hours; then boil slowly, or they are apt to crack; when done and drained, simmer with a good-sized piece of butter, pepper, salt, parsley, and tops of young onions; when ready to serve, add a mixture of milk or cream, with the yolk of an egg, nutmeg, and a few drops of vinegar.

#### LENTILS FRICASSEED.

These deserve to be better known in England; stew some sliced onions in melted butter, and having boiled the lentils and drained them, add to the onions, a little broth, pepper, salt, and a sprig of savory (which take out before serving); reduce the sauce, by simmering, to a good consistency, and add a very small quantity of vinegar when ready.

#### ARTICHOKES.

Trim a few of the outside leaves off, and cut the stalk even. If young, half an hour will boil them. They are better for being gathered two or three days first. Serve them with melted butter, in as many small cups as there are artichokes, to help with each.

#### ARTICHOKE BOTTOMS.

If dried, they must be soaked, then stewed in weak gravy, and served with or without forcemeat in each. Or they may be boiled in milk, and served with cream sauce: or added to ragouts, French pies, &c.

#### JERUSALEM ARTICHOKES

Must be taken up the moment they are done, or they will be too soft.

They may be boiled plain, or served with white fricassee sauce.



## STEWED CUCUMBERS.

Select straightly grown cucumbers for this purpose; cut off the peel, and divide them into quarters long-ways, take away the seeds, and place the quarters on a sieve to drain; when perfectly dry, cover them with flour. Melt half a pound of fresh butter in the fryingpan; when it boils put in the vegetables, and fry them till they are of a light brown; lift the slices carefully with a tin slice, and set them on a sloping slab to drain off the fat. Have ready some rich beef gravy, in which onions have been used; put the cucumbers into a stewpan covered with gravy, and let them simmer slowly till quite tender. Before serving take out the cucumbers again, thicken the gravy with flour and butter, season it to your taste with salt and pepper, boil it, and pour it quite hot over the slices.

## ONIONS, STEWED.

Peel six large onions, fry gently of a fine brown, but do not blacken them; then put them into a small stewpan with a little weak gravy, pepper, and salt; cover and stew two hours gently. They should be lightly floured at first.

## ROAST ONIONS

Should be done with all the skins on. They eat well alone, with only salt and cold butter; or with roast potatoes or with beet-roots.

## CELERY, STEWED.

Wash six heads, and strip off their outer leaves, either halve or leave them whole, according to their size; cut into lengths of four inches. Put them into a stewpan with a cup of broth or weak white gravy; stew till tender, then add two spoonfuls of cream, and a little flour and butter, seasoned with pepper, salt, nutmeg, and simmer all together.

## CAULIFLOWERS, PLAIN BOILED.

Choose those that are close and white, cut off the green leaves, and look carefully that there are no caterpillars about the stalk. Soak an hour in cold water. then boil them in milk and water, and take care to skim the saucepan, that not the least foulness may fall on the flower. It must be served very white.

## CAULIFLOWER IN WHITE SAUCE.

Half boil it, then cut it into handsome pieces, and lay them in a stewpan, with a little broth, a bit of mace,

a little salt, and a dust of white pepper; simmer half an hour, then put a little cream, butter, and flour; shake and simmer a few minutes, and serve.

#### CAULIFLOWER AND PARMESAN.

Boil a cauliflower, drain it on a sieve, and cut the stalks so that the flower will stand upright, about two inches above the dish. Put it into a stewpan with a little white sauce, let it stew till done enough, which will be but a few minutes; then dish it with the sauce round, and put parmesan grated over it. Brown it with a salamander.

#### BRUSSELS SPROUTS.

These delicious miniature cabbages are in Brussels called "Choux de Milan." They should be put into boiling water, in which a table-spoonful of salt has been dissolved; they will be done in about twenty minutes. Drain them well, and serve with melted butter.

#### BEET-ROOT AND ONION.

A root of beet well boiled, and its outside coat taken off, served at table with a Spanish onion boiled, are admirable accompaniments to either beef or mutton roasted. If attainable, stew the onion in cream. These vegetables, with a little salt and Cayenne, with the gravy of the joint poured over them.

#### BROCOLI, TO BOIL.

Parc off the side leaves and the outside of the stalk, which must be cut close to the bottom. See that the water is boiling; throw in a tea-spoonful of salt, and let the broccoli boil for a quarter of an hour; when the stalks are tender the vegetable is done, and they should then be served without delay, on a slice of toast, with a boatful of melted butter.

#### SPINACH

Requires great care in washing and pieking it. When that is done, throw it into a saucepan that will just hold it, sprinkle it with a little salt, and cover close. The pan must be set on the fire, and well shaken. When done, beat the spinach well with a small bit of butter: it must come to table pretty dry, and looks well if pressed into a tin mould in the form of a large leaf, which is sold at the tin shops. A spoonful of cream is an improvement.

## SPINACH, WITH CREAM.

Scald the spinach in boiling water for a few minutes ; drain, and chop it up with a knife ; put it into a stewpan, with a good bit of butter, salt, and a little nutmeg ; simmer a good while on a slow fire : add cream only sufficient to unite well ; garnish with fried bread. If cream cannot be obtained, an egg beat up with good milk must be used.

## SPINACH, AS IN FRANCE.

When well picked and washed (which is most essential in dressing spinach), put it into a stewpan, with a good bit of butter, a bunch of parsley, two shallots, a clove, salt, and pepper ; simmer over a slow fire, stirring occasionally ; when ready, add a tea-spoonful of sugar and a bit of butter rolled on flour ; well incorporate the whole. Fried bread as a garnish.

## SPINACH, AS IN PROVENCE.

The only difference between this and the preceding recipe is, that garlic is used instead of shallots.

## SPINACH, AS AT ST. CLOUD.

To the general French mode there is added a slice of ham, a little onion or tops of young ones, and a little broth or gravy.

## POTATO SOUFFLE.

Select a dozen prime potatoes of the largest size ; let these be well washed and scrubbed with a brush ; bake them in a slow oven till they are perfectly done. Cut away a portion of the end of each, sufficiently large to permit you to take out the interior with a spoon ; if properly baked, no difficulty will arise in abstracting the "vegetable farina." Beat up the yolks of a couple of eggs in four spoonfuls of cream, add to this a table-spoonful of melted butter ; sweeten with powdered sugar, and then put in a spoonful of salt, and the peel of half a lemon grated. Mix these with the potato flour, and then add the whites of the eggs, previously well whisked up. Fill the skins, adjust the portions cut off, place the potatoes in the dish you mean to use, and set it in a quick oven for twenty minutes before serving.

*Observation.*—This will be found to be about as delicious a way of treating "Irish wall-fruit" as any preparation extant.

## BROAD OR WINDSOR BEANS.

Boil tender, with a bunch of parsley, which must be chopped to serve with them. Bacon or pickled pork must be served to eat with, but not boiled with them.

## WINDSOR BEANS, FRICASSEED.

When grown large, but not mealy, boil, blanch, and lay them in a white sauce ready hot; just heat them through in it, and serve. If any are not of a fine green, do not use them for this dish.

## FRENCH BEANS.

String, and cut them into four or eight; the last looks best. Lay them in salt and water, and when the saucepan boils put them in with some salt. As soon as they are done serve them immediately, to preserve the green colour; or, when half done, drain the water off, and put them into two spoonfuls of broth strained; and add a little cream, butter, and flour, to finish doing them.

## KIDNEY OR FRENCH BEANS, AS IN FRANCE.

If large cut them, if quite young they may be boiled whole; boil them in plain water, with a little butter and salt; when done and strained, stew them with a bit of butter, chopped parsley, green tops of young onions, pepper, salt, and a little good broth.

## SCARLET RUNNERS.

These being of easy growth are more in general use; they are dressed the same as French beans, but require longer time.

## CABBAGES

Should be picked very clean and washed thoroughly. Put them into a saucepan of boiling water, with a table-spoonful of salt; young cabbages will be done in twenty minutes, a large one will take an hour.

## RED CABBAGE, STEWED.

Slice a small or half a large red cabbage, wash and put into a saucepan with pepper and salt, no water but what hangs about it, with a piece of butter. Stew till quite tender; and when going to serve, add two or three spoonfuls of vinegar, and give one boil over the fire. Serve it for cold meat, or with sausages on it.

## ANOTHER.

Cut the cabbage very thin, and put it into the stew-pan with a small slice of ham and half an ounce of butter at the bottom, half a pint of broth, and a gill of vinegar; let it stew covered three hours; when it is very tender, add a little more broth, salt, pepper, and a table-spoonful of pounded sugar; mix these well, and boil them all till the liquor is wasted; then put it into the dish and lay fried sausages on it.

## MUSHROOMS.

The cook should be perfectly acquainted with the different sorts of things called by this name by ignorant people, as the death of many persons has been occasioned by carelessly using the poisonous kinds.

The eatable mushrooms first appear very small, and of a round form, on a little stalk. They grow very fast, and the upper part and stalk are white. As the size increases the under part gradually opens, and shows a fringy fur of a very fine salmon colour, which continues more or less till the mushroom has gained some size, and then turns to a dark brown. These marks should be attended to, and likewise whether the skin can be easily parted from the edges and middle. Those that have white or yellow fur should be carefully avoided, though many of them have the same smell (but not so strong) as the right sort.

## TO STEW MUSHROOMS.

The large buttons are best, and the small flaps while the fur is still red. Rub the large buttons with salt and a bit of flannel, cut out the fur, and take off the skin from the others; sprinkle them with salt, and put into a stew-pan with some pepper-corns; simmer slowly till done, then put a small bit of butter and flour, and two spoonfuls of cream; give them one boil, and serve with sippets of bread.

## SORREL FOR FRICANDEAU AND ROAST MEAT.

Wash the sorrel, and put it into a silver vessel, or stone jar, with no more water than hangs to the leaves. Simmer it as slow as you can, and when done enough put a bit of butter, and beat it well.

## POTATOES, BOILED.

Set them on a fire, without paring them, in cold water; let them half boil, then throw some salt in and a pint of cold water, and let them boil again till almost



done; pour off the water, and put a clean cloth over them, and then the saucepan cover, and set them by the fire to steam till ready. Potatoes look best when the skin is peeled, not cut.

Do new potatoes the same, but be careful they are taken off in time, or they will be watery. Before dressing rub off the skin with a cloth and salt, and then wash.

Some kinds are best boiled, but nearly all are better steamed.

#### POTATOES, BROILED.

Parboil, then slice and broil them; or parboil, and then set them whole on the gridiron over a very slow fire, and when thoroughly done send them up with their skins on. This last way is practised in many Irish families.

#### POTATOES, ROASTED.

Half boil, take off the thin peel, and roast them of a beautiful brown.

#### POTATOES, FRIED.

Take the skin off raw potatoes, slice, and fry them, either in butter or thin batter.

#### POTATOES, MASHED.

Boil the potatoes, peel them, and break them to paste; then to two pounds of them add a quarter of a pint of milk, a little salt, and two ounces of butter, and stir it all well over the fire. Either serve them in this manner, or place them on the dish in a form, and then brown the top with a salamander, or in scallops.

#### POTATO FRITTERS.

This is a Scotch dish. Parboil half a dozen large long-shaped potatoes; cut them in slices, about as thick as a crown piece; beat up a couple of eggs with a table-spoonful of finely-grated bread-crumbs, and an equal quantity of the lean of ham rasped small; dip each slice in this mixture, and fry in abundance of boiling lard or Florence oil. This is a capital accompaniment to a chop or steak, and is served also as a supper dish, without meat.

#### POTATOES-A-LA MAITRE D'HOTEL.

Simple as the process may appear, few cooks understand the boiling of potatoes. The method is easy enough, if proper attention be paid. Now attend:—Put the required number, well washed but not peeled, into a sauce-

pan, and cover them with water about an inch above those on the top; let them boil gently, so that the process be a slow one; take off the saucepan, and let it stand by the side of the fire until a fork easily penetrates the vegetable; then drain off the water, and let the steam evaporate. Five-and-twenty minutes is generally sufficient for the dressing.

After dressing the potatoes as above, peel and slice them as thin as you are able; season parsley and butter with a little powdered mace, pepper, and salt; warm up the potatoes in this, serve in a deep dish, squeezing a little lemon-juice over the vegetable just before you send to table.

### CARROTS

Require a good deal of boiling. When young, wipe off the skin after they are boiled; when old, boil them with the salt meat, and scrape them first.

### STEWED CARROTS.

Half boil, then nicely scrape, and slice them into a stewpan; put to them half a tea-cupful of any weak broth, some pepper and salt, and half a cupful of cream; simmer them till they are very tender, but not broken. Before serving, rub a very little flour with a bit of butter, and warm up with them. If approved, chopped parsley may be added ten minutes before served.

### TURNIPS OR PARSNIPS, MASHED.

Boil them tender, scrape, then mash them into a stewpan with a little cream, a good piece of butter, and pepper and salt.

### PARSNIPS, FRICASSEED.

Boil in milk till they are soft; then cut them lengthways into bits two or three inches long, and simmer in a white sauce, made of two spoonfuls of broth, a bit of mace, half a cupful of cream, a bit of butter, and some flour, pepper, and salt.

### TO DRESS CHARDOONS.

Cut them into pieces of six inches long, and put on a string; boil till tender, and have ready a piece of butter in a pan; flour, fry them brown, and serve.

Or tie them into bundles, and serve as asparagus boiled, on toast, and pour butter over.

Or boil, and then heat them up in a fricassee sauce.

Or boil them in salt and water, dry, then dip them into butter, and fry them. Serve with melted butter.

Or *stew* them; first boiling as directed; toss them up with a white or brown gravy; add Cayenne, catchup, and salt; thicken with a bit of butter and flour.

### BEET-ROOTS

Make a very pleasant addition to winter salad, of which they may agreeably form a full half, instead of being only used to ornament it. This root is cooling and very wholesome.

It is extremely good boiled and sliced with a small quantity of onion, or stewed with whole onions, large or small, as follows:—

Boil the beet tender, with the skin on; slice it into a stewpan, with a little broth and a spoonful of vinegar; simmer till the gravy is tinged with the colour; then put it into a small dish, and make a round of the button onions, first boiled till tender; take off the skin just before serving, and mind they are quite hot and clear.

Or, roast three large onions, and peel off the outer skins till they look clear, and serve the beet-root stewed round them.

If beet-root is in the least broken before dressed, it parts with its colour, and looks ill.

### PEASE PUDDING.

Tie up loosely in a cloth a quart of split peas; put them into a saucepan of cold water, and let them boil for two hours and a quarter; rub them through a coarse sieve into a dish; stir in an ounce of butter, a spoonful of salt, and a few grains of Cayenne; beat up the yolks of a couple of eggs, and mix with the peas; tie up the pudding in a well-floured cloth as tight as you can, and give it another hour's boiling.

### FRYING HERBS, AS IN STAFFORDSHIRE.

Clean and drain a good quantity of spinach leaves, two large handfuls of parsley, and a handful of green onions; chop the parsley and onions, and sprinkle them among the spinach; set them all on to stew, with some salt and a bit of butter the size of a walnut; shake the pan when it begins to grow warm, and let it be closely covered over a slow stove till done enough. It is served with slices of broiled calf's liver, small rashers of bacon, and eggs fried—the latter on the herbs, the other in a separate dish.

## LAYER.

This plant grows on the rocks near the sea in the west of England, and is sent in pots, prepared for eating. In Ireland it is called dillosk.

To a pound of laver add a bit of fresh butter the size of a walnut, the juice of half a lemon, a quarter of a teaspoonful of Cayenne pepper, and, if at hand, a dessert-spoonful of glaze, or soup; stew for half an hour, and take care to serve very hot.

The dish should be placed over a spirit lamp, with a bit of butter and the squeeze of a Seville orange; stir it till hot. It is eaten with roast meat, and is a great sweetener of the blood.

The taste for laver must be acquired, as its appearance is by no means in its favour. We never heard a more apt quotation than one used by our lamented friend, Benson Hill, who, on lifting the cover off a dish of laver, exclaimed, in the language of Cornet Ollapod when about to lead Miss Lucretia to the stile, "Curse 'em! the cows have been here."

## TO PRESERVE SEVERAL VEGETABLES TO EAT IN WINTER.

For *French beans*, pick them young, and throw into a little wooden keg a layer of them three inches deep; then sprinkle them with salt, put another layer of beans, and do the same as high as you think proper, alternately with salt, but not too much of this; lay over them a plate, or cover of wood, that will go into the keg, and put a heavy stone on it. A pickle will rise from the beans and salt. If they are too salt, the soaking and boiling will not be sufficient to make them pleasant to the taste. When they are to be eaten, cut, soak, and boil them, as if fresh.

*Carrots*, *Parsnips*, and *Beet-roots* should be kept in layers of dry sand for winter use, and neither they nor potatoes should be cleared from the earth. Potatoes should be carefully kept from frost.

*Store Onions* keep best hung up in a dry cold room.

*Parsley* should be cut close to the stalks, and dried in a warm room, or on tins in a very cool oven. It preserves its flavour and colour, and is very useful in winter.

*Artichoke bottoms*, slowly dried, should be kept in paper bags, and *Truffles*, *Morels*, *Lemon-peel*, &c. in a dry place, ticketed.

Small close *Cabbages*, laid on a stone floor before the frost sets in, will blanch, and be very fine after many weeks' keeping.

## FORCEMEATS AND STUFFING.

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### VEAL FORCEMEAT.

Of undressed lean veal, free from skin, two ounces ; the same quantity of suet ; the same of bread crumbs ; two drachms of parsley, one of lemon peel, one of sweet herbs, one of onion, and half a drachm of mace or allspice in fine powder ; pound them altogether in a mortar ; break into it the yolk and white of an egg ; rub it all well together, and season with pepper and salt. Anchovy, shallot, Cayenne, or currie powder may be added.

### STUFFING FOR TURKEY, FOWLS, OR VEAL.

To the veal forcemeat may be added half a dozen oysters, grated ham or tongue, and an anchovy.

### STUFFING FOR GOOSE OR DUCK.

Parboil onion, and add sage leaves, with bread crumbs, a bit of butter, an egg, pepper and salt. The relative quantities must be to suit the taste.

### STUFFING FOR HARE.

Two ounces of beef suet, chopped fine ; three ounces of bread crumbs ; of parsley, marjoram, lemon thyme, or winter savory, a drachm each, and half a drachm of shallot ; the same of pepper and of salt ; mix these with an egg ; be careful it is stiff enough ; put it in the hare, and sew it up.

### FORCEMEAT BALLS FOR MOCK TURTLE, &c.

Pound some veal in a marble mortar, rub it through a sieve with as much of the udder as you have of veal, or about the third of the quantity of butter ; put some bread crumbs into a stewpan, moisten them with milk, add a little chopped parsley and shallot, rub them well together in a mortar till they form a smooth paste ; put it through a sieve, and when cold pound and mix altogether, with the yolks of three eggs boiled hard ; season it with pepper, salt, currie powder, or Cayenne, and add to it the yolks of two raw eggs ; rub it well together, and make small balls ; ten minutes before the soup is ready put them in.

### EGG BALLS.

Boil four eggs for ten minutes, and put them into cold water ; when they are quite cold put the yolks into a mortar, with the yolk of a raw egg, a tea-spoonful of flour,



the same of ehopped parsley, as much salt as will lie on a shilling, and a little black pepper or Cayenne; rub them well together, roll them into small balls (as they swell in boiling), and boil them a couple of minutes.

### CURRY BALLS FOR MADE DISHES

Are made with bread crumbs, the yolk of an egg boiled hard, and a bit of butter about half its size, beaten together in a mortar, and seasoned with eurry powder. Make and prepare small balls, as in the preceeding reccipt.

### FISH FORCEMEAT.

Take two ounces of either turbot, sole, lobster, shrimps, or oysters, free from skin; put it in a mortar, with two ounces of fresh butter, one ounce of bread crumbs, the yolk of two eggs boiled hard, and a little shallot, grated lemon peel, and parsley mineed very fine; then pound it well till it is thoroughly mixed and quite smooth; season it with salt and Cayenne to your taste; break in the yolk and whites of one egg, rub it well together, and it is ready for use. Anehovy may be added.

### GODIVEAU FORCEMEAT, WITH CHIVES.

Take a pound of meat off a knuekle of veal; ehop it very small, and add to it one pound and eight ounces of beef suet, very mealy; then, after chopping the whole very fine, add an ounce of seasoning salt, a little nutmeg, and four eggs, and then chop it again for some minutes; pound this *godiveau* till it is perfectly smooth; after which take it out of the mortar, and place it for about two hours in ice or any other cool place; then divide it in two parts, and pound each separately, wetting them gradually with pieces of ice as big as an egg, and washed clean. This will make it sleek and binding; but at the same time care should be taken that it is of the same thickness as force-meat for balls. Put each part successively in a large tureen, and when both are done, add two spoonfuls of *velouté* and one of chives, ehopped very fine, and use it as directed.

### RISSOLES.

A very pretty garnish for fish, flesh, or fowl may be made by ehopping the eold fragments of either, as the case may require, with some lemon-peel and salt; then stir into veal stock, thickened with flour in the stewpan. When eold, make the mixture into balls, and roll them in egg and bread-crumbs. Let these balls be fried, and put round the dish.

## SWEET PUDDINGS, TARTS, &c.

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### *Meditation on a Pudding.*

“Let us seriously reflect what a pudding is composed of. It is composed of flour, that once waved in the golden grain, and drank the dews of the morning; of milk pressed from the swelling udder by the gentle hand of the beauteous milk-maid, whose beauty and innocence might have recommended a worse draught; who, while she stroked the udder, indulged in no ambitious thoughts of wandering in palaces, formed no plans for the destruction of her fellow-creatures—milk that is drawn from the cow, that useful animal that eats the grass of the field, and supplies us with that which made the greatest part of the food of mankind in the age which the poets have agreed to call golden. It is made with an egg, that miracle of nature, which the theoretical Burnet has compared to creation. An egg contains water within its beautiful smooth surface; and an unformed mass, by the incubation of the parent, becomes a regular animal, furnished with bones and sinews, and covered with feathers. Let us consider—Can there be more wanting to complete the Meditation on a Pudding? If more be wanting, more can be found. It contains salt, which keeps the sea from putrefaction—salt, which is made the image of intellectual excellence, contributes to the formation of a pudding.”—*Boswell's Journal of a Tour to the Hebrides with Dr. Johnson.*

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### *Observations on making Puddings and Pancakes.*

The outside of a boiled pudding often tastes disagreeable; which arises from the cloth not being nicely washed, and kept in a dry place. It should be dipped in boiling water, squeezed dry, and floured when to be used.

If bread, it should be tied loosely; if batter, tight over.

The water should boil quick when the pudding is put in; and it should be moved about for a minute, lest the ingredients should not mix.

Batter puddings should be strained through a coarse sieve, when all is mixed. In others, the eggs separately.

The pans and basins must always be buttered.

A pan of cold water should be ready, and the pudding dipped in as soon as it comes out of the pot, and then it will not adhere to the cloth.

Very good puddings may be made *without* eggs; but they must have as little milk as will mix, and must boil

three or four hours. A few spoonfuls of fresh small beer, or one of yeast, will answer instead of eggs.

*Snow* is an excellent substitute for eggs, either in puddings or paucakes. Two large spoonfuls will supply the place of one egg, and the article it is used in will be equally good. This is a useful piece of information, especially as snow often falls at the season when eggs are the dearest. Fresh small beer, or bottled malt liquors, likewise serve instead of eggs. The snow may be taken up from any clean spot before it is wanted, and will not lose its virtue, though the sooner it is used the better.

*Note.*—The yolks and whites beaten long and separately make the article they are put into much lighter.

#### ALMOND PUDDINGS.

Beat half a pound of sweet and a few bitter almonds with a spoonful of water; then mix four ounces of butter, four eggs, two spoonfuls of cream, warm with the butter, one of brandy, a little nutmeg, and sugar to taste. Butter some cups, half-fill, and bake the puddings.

Serve with butter, wine, and sugar.

#### BAKED ALMOND PUDDING.

Beat fine four ounces of almonds, four or five bitter ditto, with a little wine, yolks of six eggs, peel of two lemons grated, six ounces of butter, near a quart of cream, and juice of one lemon. When well mixed, bake it half an hour, with paste round the dish.

#### SMALL ALMOND PUDDINGS.

Pound eight ounces of almonds, and a few bitter, with a spoonful of water, mixed with four ounces of butter, warmed, four yolks and two whites of eggs, sugar to taste, two spoonfuls of cream, and one of brandy; mix well and bake in little cups, buttered. Serve with pudding sauce.

#### SAGO PUDDING.

Boil a pint and a half of new milk, with four spoonfuls of sago nicely washed and picked, lemon-peel, cinnamon, and nutmeg; sweeten to taste; then add four eggs well beaten, put a paste round the dish, and bake slowly.

#### BREAD AND BUTTER PUDDING.

Slice bread spread with butter, and lay it in a dish with currants between each layer; add sliced citron, orange, or lemon, if to be very nice. Pour over it an unboiled custard of milk, with three eggs, a few pimentoes, and a

very little ratafia, two hours at least before it is to be baked.

A paste round the edge makes all puddings look better, but is not necessary.

#### ORANGE PUDDING.

Grate the rind of a Seville orange; put to it six ounces of fresh butter, six or eight ounces of lump sugar pounded; beat them all in a marble mortar, and add as you do it the whole of eight eggs well beaten and strained; scrape a raw apple, and mix with the rest; put a paste at the bottom and sides of the dish, and over the orange mixture put cross bars of paste. Half an hour will bake it.

#### ANOTHER.

Mix of orange paste two spoonfuls, with six eggs, four spoonfuls of sugar, four ounces of butter warm, and put it into a shallow dish with a paste lining. Bake twenty minutes.

#### ANOTHER.

Rather more than two table-spoonfuls of orange paste mixed with six eggs, four ounces of sugar, and four ounces of butter melted, will make a good-size pudding, with a paste at the bottom of the dish. Bake twenty minutes.

#### AN EXCELLENT LEMON PUDDING.

Beat the yolks of four eggs; add four ounces of white sugar, the rind of a lemon being rubbed with some lumps of it to take the essence; then peel and beat it in a mortar with the juice of a large lemon, and mix all with four or five ounces of butter warmed. Put a crust into a shallow dish, nick the edges, and pour the above into it. When served, turn the pudding out of the dish.

#### A VERY FINE AMBER PUDDING.

Put a pound of butter into a saucepan, with three quarters of a pound of loaf sugar finely powdered; melt the butter, and mix well with it; then add the yolks of fifteen eggs well beaten, and as much fresh candied orange as will add colour and flavour to it, being first beaten to a fine paste. Line the dish with paste for turning out; and when filled with the above lay a crust over as you would a pie, and bake in a slow oven.

It is as good cold as hot.

#### BAKED APPLE PUDDINGS.

Pare and quarter four large apples; boil them tender with the rind of a lemon, in so little water, that when done

none may remain ; beat them quite fine in a mortar ; add the crumb of a small roll, four ounces of butter melted, the yolks of five and whites of three eggs, juice of half a lemon, and sugar to taste ; beat all together, and lay it in a dish with paste to turn out.

#### OATMEAL PUDDING.

Pour a quart of boiling milk over a pint of the best *fine* oatmeal ; let it soak all night ; next day beat two eggs, and mix a little salt ; butter a basin that will just hold it ; cover it tight with a floured cloth, and boil it an hour and a half. Eat it with cold butter and salt.

When cold, slice and toast it, and eat it as oat cake buttered.

#### DUTCH PUDDING, OR SOUSTER.

Melt one pound of butter in half a pint of milk ; mix it into two pounds of flour, eight eggs, four spoonfuls of yeast ; add one pound of currants, and a quarter of a pound of sugar beaten and sifted.

This is a very good pudding hot ; and equally so as a cake when cold. If for the latter, caraways may be used instead of currants. An hour will bake it in a quick oven.

#### A DUTCH RICE PUDDING.

Soak four ounces of rice in warm water half an hour ; drain the latter from it, and throw it into a stewpan, with half a pint of milk, half a stick of cinnamon, and simmer till tender. When cold, add four whole eggs well beaten, two ounces of butter melted in a tea-cupful of cream ; and put three ounces of sugar, a quarter of a nutmeg, and a good piece of lemon-peel.

Put a light puff paste into a mould or dish, or grated tops and bottoms, and bake in a quick oven.

#### LIGHT OR GERMAN PUDDINGS OR PUFFS.

Melt three ounces of butter in a pint of cream ; let it stand till nearly cold ; then mix two ounces of fine flour, and two ounces of sugar, four yolks and two whites of eggs, and a little rose or orange-flower water. Bake in little cups buttered half an hour. They should be served the moment they are done, and only when going to be eaten, or they will not be light.

Turn out of the cups, and serve with white wine and sugar.

#### LITTLE BREAD PUDDINGS.

Steep the crumb of a penny loaf grated in about a pint of warm milk ; when soaked, beat six eggs, whites and



yolks, and mix with the bread, and two ounces of butter warmed, sugar, orange-flower water, a spoonful of brandy, a little nutmeg, and a tea-spoonful of cream. Beat all well, and bake in teacups buttered. If currants are chosen, a quarter of a pound is sufficient; if not, they are good without: or you may put orange or lemon candy. Serve with pudding sauce.

#### SWEET (OR PUDDING) SAUCE.

This may be made with melted butter, using milk instead of water, and sweetened with loaf sugar, adding wine and nutmeg for flavour. Or thus:—the yolks of two eggs well beaten, with four table-spoonfuls of milk or water; flavour with sugar and orange wine; put into a saucepan, and boil up.

#### PUDDINGS IN HASTE.

Shred suet, and put with grated bread a few currants, the yolks of four eggs and the whites of two, some grated lemon peel and ginger. Mix; and make into little balls about the size and shape of an egg, with a little flour.

Have ready a skillet of boiling water, and throw them in. 'Twenty minutes will boil them; but they will rise to the top when done.

#### NEW COLLEGE PUDDINGS.

Grate the crumb of two penny rolls, shred suet eight ounces, and mix with eight ounces of currants, one of citron minced fine, one of orange, a handful of sugar, half a nutmeg, three eggs beaten, yolk and white separately. Mix and make into the size and shape of a goose-egg. Put half a pound of butter into a fryingpan; and, when melted and quite hot, stew the puddings gently in it; turn them two or three times till of a fine light brown.

Serve with pudding sauce.

#### BOILED BREAD PUDDING.

Grate white bread; pour boiling milk over it, and cover close. When soaked an hour or two beat it fine, and mix with it two or three eggs well beaten.

Put it into a basin that will just hold it; tie a floured cloth over it, and put it into boiling water. Send it up with melted butter poured over.

#### RICH BREAD PUDDING.

On half a pint of crumbs of bread pour half a pint of scalding milk; cover for an hour. Beat up four eggs, and

when strained add to the bread, with a tea-spoonful of flour, an ounce of butter, two ounces of sugar, half a pound of currants, an ounce of almonds pounded with orange-flower water, half an ounce each of orange, lemon, and citron peel. Butter a basin that will exactly hold it, flour the cloth, and tie tight over, and boil one hour.

#### BROWN BREAD PUDDING.

Half a pound of stale brown bread grated, ditto of currants, ditto of shred suet, sugar, and nutmeg; mix with four eggs, a spoonful of brandy, and two spoonfuls of cream; boil in a cloth or basin that exactly holds it, three or four hours.

#### NELSON PUDDINGS.

Put into a Dutch oven six small cakes called Nelson balls, or rice cakes made in small tea-cups. When quite hot, pour over them boiling melted butter, white wine, and sugar: and serve.

#### DUKE OF CUMBERLAND'S PUDDING.

Mix six ounces of grated bread, the same quantity of currants, well cleaned and picked, the same of beef suet finely shred, the same of chopped apples, and also of lump sugar, six eggs, half a nutmeg, a pinch of salt, the rind of a lemon minced as fine as possible; and citron, orange, and lemon, a large spoonful of each cut thin. Mix thoroughly, and put in a basin: cover very close with floured cloths, and boil three hours. Serve it with pudding-sauce, and the juice of half a lemon, boiled together.

#### TRANSPARENT PUDDING.

Beat eight eggs very well; put them into a stewpan, with half a pound of sugar pounded fine, the same quantity of butter, and some grated nutmeg. Set it on the fire, and keep stirring it till it thicken. Then set it into a basin to cool; put a rich puff paste round the edge of the dish; pour in your pudding and bake it in a moderate oven. It will cut light and clear. You may add candied orange and citron if you like.

#### RICE SMALL PUDDINGS.

Wash two large spoonfuls of rice, and simmer it with half a pint of milk till thick, then put the size of an egg of butter, and nearly half a pint of thick cream, and give it one boil. When cold, mix four yolks and two whites of eggs well beaten, sugar and nutmeg to taste; and add grated lemon and a little cinnamon.

Butter little cups, and fill three parts full, putting at the bottom some orange or citron. Bake three quarters of an hour in a slowish oven. Serve the moment before to be eaten, with sweet sauce in the dish, or a boat.

#### PLAIN RICE PUDDING.

Wash and pick some rice; throw among it some pimento finely pounded, but not much: tie the rice in a cloth, and leave plenty of room for it to swell. Boil it in a quantity of water for an hour or two. When done, eat it with butter and sugar, or milk. Put lemon peel if you please.

#### A RICH RICE PUDDING.

Boil half a pound of rice in water, with a little bit of salt, till quite tender; drain it dry; mix it with the yolks and whites of four eggs, a quarter of a pint of cream, with two ounces of fresh butter melted in the latter, four ounces of beef suet or marrow, or veal suet taken from a fillet of veal, finely shred, three quarters of a pound of currants, two spoonfuls of brandy, one of peach water, or ratafia, nutmeg, and grated lemon peel. When well mixed, put a paste round the edge and fill the dish. Slice of candied orange, lemon, and citron, if approved. Bake in a moderate oven.

#### RICE PUDDING WITH FRUIT.

Swell the rice with a very little milk over the fire; then mix fruit of any kind with it (currants, gooseberries, scalded, pared and quartered apples, raisins, or black currants), with one egg into the rice to bind it; boil it well, and serve with sugar.

#### BAKED RICE PUDDING.

Swell rice as above; then add some more milk, an egg, sugar, allspice, and lemon peel. Bake in a deep dish.

#### A GEORGE PUDDING.

Boil very tender a handful of whole rice in a small quantity of milk, with a large piece of lemon peel. Let it drain; then mix with it a dozen of good-sized apples, boiled to pulp as dry as possible; add a glass of white wine, the yolks of five eggs, two ounces of orange and citron cut thin; make it pretty sweet. Line a mould or basin with a very good paste; beat the whites of five eggs to a very strong froth, and mix with the other ingredients; fill the mould, and bake it of a fine brown colour. Serve it with the bottom upwards, and with the following sauce:

two glasses of wine, a spoonful of sugar, the yolk of two eggs, and a bit of butter as large as a walnut; simmer without boiling, and pour to and from the saucepan, till of a proper thickness; and put in the dish.

#### BENSON HILL'S ALMOND PUDDING.

Blanch four ounces of sweet and half a dozen bitter almonds, beat these into a paste in a mortar, moistening with orange-flower water, as required. Melt half a pound of butter, and when dissolved stir in a quart of cream, then the almond paste, and a table-spoonful of finely grated lemon peel. Beat up the yolks of half a dozen eggs, mix these with the other ingredients; line a deep dish with puff paste, fill with the foregoing, and bake in a slow oven for forty minutes.

#### MARROW PUDDING.

Blanch eight ounces of sweet almonds, and beat them up in a mortar with a table-spoonful of rose water, chop up six ounces of candied orange and citron, beat up the yolks of half a dozen eggs, and add a glass of sherry or Madeira to them; shred very fine a pound of beef marrow free from the minute bones, wash and pick half a pound of currants, grate up the crumb of a French roll; these things done, boil a quart of milk, and whilst it is quite hot stir in the ingredients, mixing all well together. Rub the sides of a pie-dish with butter; put in the above materials, and bake for half an hour; before serving, strew powdered sugar over the top.

#### COLLEGE PUDDING.

Break five eggs into a basin, and whisk the yolks and whites well together; add, by degrees, a couple of ounces of flour, three of pounded white sugar, as much powdered ginger as will cover a shilling, an equal quantity of grated nutmeg, and a table-spoonful of cream or good milk. When you have mixed all these completely together, put in six ounces of well-washed currants, four of finely chopped suet, an ounce of candied orange peel cut very fine, and a wine-glass of brandy. Fill as many patty-pans as your mixture will allow, and bake for twenty minutes.

#### CABINET PUDDING.

Break four sponge cakes into small pieces, add three or four bunches of raisins cut and stoned, a table-spoonful of candied citron, two ounces of ratafia cakes, beat up five eggs with two glasses of brown sherry and one of brandy,

add enough fine Lisbon sugar to sweeten it ; boil a pint of milk, with half a dozen cloves and a quarter of a stick of cinnamon ; strain and add the milk to the above. See that the mould be well buttered, as before directed, and boil for the same time.

#### GERMAN PUDDINGS.

Mix a quarter of a pound of flour with a quarter of a pound of butter, and the same weight of loaf sugar ; beat up four eggs in half a pint of milk ; stir all the materials well together, then divide into four parts ; bake in tea-cups, and serve with sweet sauce or white wine.

#### ROSE-COLOURED PANCAKES.

Cut two slices, about half an inch in thickness, from the middle of a root of boiled beet ; boil these for ten minutes ; drain and beat them up in a mortar : thicken a tea-cupful of cream, or new milk, with four spoonfuls of flour ; beat up the yolks of six eggs in a wine glass of brandy ; add a tea-spoonful of grated nutmeg ; mix all the ingredients well and smoothly together ; fry the pancakes in plenty of fresh butter, and, before sending to table, stick small pieces of green candied citron in each ; strew them with finely powdered sugar ; roll them up ; place them lightly one over the other, and garnish with slices of Seville orange.

#### BAKED CODLING PUDDING.

Roast half a dozen large codling apples, and take out the pulp. Beat up the yolks of eight and the whites of four eggs ; add half a pound of powdered white sugar, the same weight of clarified butter, the juice of a lemon, its rind cut very small, an ounce of candied orange and lemon peel cut into small portions, a wine-glass of brandy, and the crumb of a French roll finely grated. Mix up these ingredients well together. Line a pie-dish with paste, put in the materials, and send to the oven. Before serving, cover the top with powdered sugar, and garnish the sides with candied fruit.

#### GREEN APRICOT PUDDING.

A very delicious and peculiarly fine-flavoured pudding can be made by putting a pottle of green apricots into paste, in a good-sized basin, filling up with white sugar powdered, and water ; add the usual top crust and boil the ordinary time.



## BATTER PUDDING.

Beat up, with a whisk, four new-laid eggs; when the yolks and whites are well mixed, gently crumble in four ounces of finely sifted flour, in which half a tea-spoonful of salt has been mixed; pour upon the flour and egg half a pint of cream or new milk, and add a table-spoonful of powdered white sugar, and enough grated nutmeg to cover a sixpence. See that the mould be well buttered; pour in the batter, cover the bottom with buttered paper, and secure all with a proper cloth. This pudding will require an hour and a quarter's boiling. Pour wine sauce over it before sending it to table.

## CUSTARD PUDDING.

If you cannot easily procure cream, boil a pint and a half of new milk, and when quite hot thicken it by stirring in finely sifted flour: these must be well mixed; then add two table-spoonfuls of powdered sugar, a quarter of a nutmeg grated, a tea-spoonful of lemon peel chopped very small, a gill of Cognac brandy or Madeira, and five eggs well beat up. When all these materials have been properly stirred together, place some light puff paste round the sides of a dish; pour in the custard, and give it half an hour's baking, in a moderately quick oven.

## APPLE FRITTERS.

Peel and core a dozen dumpling apples, boiled quite soft, force the pulp through a sieve, add sugar to your taste. Thicken, moderately, a quart of new milk with fine flour, beat up eight eggs with a small quantity of grated nutmeg, powdered mace, a tea-spoonful of salt, and a glass of brandy; mix well all together. Let the fryingpan be quite hot, and melt a quarter of a pound of butter in it; place the batter in the pan in separate quantities of about two spoonfuls each, put a spoonful of apple pulp on every portion, and cover with two more spoonfuls of batter. Grate sugar over them, and serve with a fresh lemon.

## EVE'S PUDDING.

This delicacy—which some aver was originally concocted by our first mother, whilst others, with modest dissent, trace its title to a celebrated confectioner of Bath—may be made after the following directions:—Pare and chop half a dozen apples, take six ounces of finely grated bread crumbs, the same weight of picked and washed currants, six ounces of loaf sugar, a salt-spoonful of salt, and a quarter of a nutmeg finely powdered, half a dozen

eggs beat up, a table-spoonful of lemon peel cut very fine, and a tumbler of brandy. Mix all these well together. Boil in a cloth for six hours, and pour melted butter over the pudding just before serving.

#### FRANGIPANE.

Beat up six eggs and add two spoonfuls of flour, a spoonful of grated lemon peel, another of powdered sugar, a table spoonful of orange-flower water, and half a dozen macaroons broken up; put these and a pint of milk into a stewpan over a slow fire, stir it well for twenty minutes; have ready some pattypans lined with puff paste, pour in the ingredients and bake for twenty minutes.

#### RICE DUMPLINGS.

Soak the quantity of rice required in lukewarm water till it is quite white; then parboil it, and drain off the water. Spread the rice upon a cloth, about an inch thick, and in a circle large enough to envelope a dumpling apple. The fruit must be peeled, cored, and filled with Lisbon sugar and a couple of cloves, and the rice placed carefully round it; as soon as this is done tie the cloth at the top, boil for half an hour, and serve with melted butter or wine sauce. This is a very delicate dish, and well adapted for an invalid.

#### APPLE DUMPLINGS.

Select the large russet-coat fruit, pare and cut them in half, take out the cores, and fill the cavities with quince marmalade, and a couple of cloves to each. Surround the apples with paste equally distributed; tie up in cloths; boil for fifty minutes, or an hour if your dumplings are large. Have melted butter and powdered sugar ready to serve with them.

#### HILL'S ORANGE PUDDING.

Beat up the yolks of eight eggs, grate the rinds of a couple of Seville oranges; add to these a quarter of a pound of finely powdered sugar, the same weight of fresh butter, three spoonfuls of orange-flower water, two glasses of sherry, a couple of Naples biscuits, and a tea-cupful of cream; line the bottom, sides, and rim of a dish with puff paste, pour in the ingredients, and bake for half an hour.

#### PLUM PUDDING.

An excellent pudding can be made with the following ingredients:—Half a pound of flour, half a pound of

grated bread, a pound of currants well washed and dried, a pound of raisins stoned and cut, the peel of a lemon finely chopped, an ounce and a half of mixed spice, an ounce of butter, two ounces of sweet almonds cut small, six ounces of candied orange, lemon, and citron peel, four eggs, a tea-spoonful of salt, two of sugar, and three wine glasses of brandy. Mix all these together well, adding as much milk as necessary to make the mixture of a proper consisteney. Boil in a melon-shaped mould for eight hours. Sauce as follows:—Into a quarter of a pint of thick melted butter put a table-spoonful of powdered sugar, a quarter of a nutmeg grated, a tea-spoonful of lemon syrup, two glasses of Madeira, and one of Curaçoa: stir all well together, and pour it quite hot over the pudding.

#### A CHEAP AND LIGHT PUDDING.

Three ounces of flour, an equal weight of butter and loaf-sugar, the rind of a lemon chopped very fine; beat these up with two eggs for ten minutes. This should be made just before it is required. Boil an hour.

#### SUET DUMPLINGS.

Put a tea-spoonful of salt into eight ounces of fine flour, and mix well with half a dozen ounces of finely chopped suet; beat up, in a tea-cupful of milk, a couple of eggs, and stir these with the other ingredients. This will make eight small dumplings; they can be either tied up separately in cloths covered with flour, or put in “naked,” and boiled for an hour, with beef or mutton.

#### YEAST DUMPLINGS.

To a dough of flour and water add a very moderate allowance of salt, and sufficient yeast to render the paste light; as soon as this is well kneaded, set it before the fire in a deep dish, covered with a light cloth. In half an hour it will be sufficiently raised. See that the water you intend to use is boiling; divide the dough into small balls, flatten them on a treneher, put them into the water, which must be kept up to boiling heat, and five minutes will suffice for the cooking. Serve with melted butter poured over the dumplings.

#### OMELETTE SOUFFLE.

Break up half a dozen eggs, separating the whites from the yolks; into the latter mix two tea-spoonfuls of grated lemon peel, and four of finely-powdered sugar; whisk up the whites for ten minutes, add the froth to the

yolks just before frying. Melt a quarter of a pound of butter in a pan, and put in the eggs; as soon as they are quite set, slant the fryingpan and turn them over. Have the dish, on which you mean to serve, well buttered, strew powdered sugar over the omelette, and brown the top with a salamander.

#### SWEET OMELETTE.

In half a pint of new milk mix well a table-spoonful of fine flour, then whisk together the yolks and whites of four eggs, add these to the thickened milk. Over a clear fire see that the fryingpan be quite hot, and put it into as much fresh butter as will serve for frying the omelette; about a quarter of a pound will be enough. Pour into the boiling butter half the milk and eggs, and when these are a little set, put four table-spoonfuls of red currant jelly in the centre of the batter; cover the jelly with the remainder; and as soon as the upper portion is fixed, you should send the dish to table. A very few minutes are required for this acceptable and elegant preparation.

#### MINCE MEAT.

Peel, core, and chop fine a pound of sound apples, wash and pick a pound and a half of currants, stone half a pound of raisins, and let both these be chopped small; take away the skin and gristle from a pound of cold roast beef, and carefully pick a pound of beef suet; chop these well together. Cut into small bits three quarters of a pound of mixed candied orange, citron, and lemon peel; let all these be well stirred up in a large pan. Grind into powder a nutmeg, half an ounce of ginger, and a quarter of an ounce of cloves, the same quantity of allspice and coriander seeds; add half an ounce of salt, and put these into the pan, mixing thoroughly. Grate the rinds of three lemons, and squeeze the juice over half a pound of fine Lisbon sugar, mixed with the lemon peel; pour over this two gills of brandy and half a pint of sherry. Let these ingredients be stirred for twenty minutes, cover the pan with a slate, and when about to use the mince meat take it from the bottom of the pan.

#### CHEESECAKES.

Boil a quart of milk, pour it quite hot into a basin, and mix well with it a table-spoonful of runnet. In about an hour, break up the curd, drain off the whey, and spread the curd on the back of a sieve till it is quite free from

liquid. Dissolve a couple of ounces of powdered sugar in an ounce and a half of butter, then add the yolks of a couple of eggs, a glass of sherry or Madeira, and a quarter of a nutmeg grated; have an ounce of currants well washed and picked; let all these be now mixed with the curd. Line your pattypaus with light paste, pour the mixture into each, and bake in a slow oven for twenty-five minutes.

#### RASPBERRY TOURTE.

The difference between tarts and *tourtes* is, that the first are always covered with paste, whilst the latter are sent to table open, or with a slight network, or trellice, of paste over the fruit. Puff paste having been laid in a proper tin, pour in enough jam to fill the dish, place strings of paste across, let it bake for half an hour, but never serve it hot.

#### FRUIT PIE FOR THE DELICATE.

Children and invalids are often forbidden the use of pastry, the crust being considered as indigestible; in such cases we recommend the following substitute, which entirely does away with the objection:—Divide, into two slices each, as many sponge cakes as will be required for the size of your dish; put a layer of these, with the brown side downwards, at the bottom of the pie-dish, then fill with currants and raspberries, plums, damsons, green gages, or whatever fruit the season affords; sprinkle well with fine Lisbon sugar, and pour in water nearly to the brim; place a portion of the cut cakes upon the fruit as an upper crust, and let the dish be put in the oven for forty minutes.

Slices of toasted bread are equally applicable as sponge cakes; but the latter is the more elegant method of avoiding the forbidden pie-crust.

#### GREEN GAGE TART.

Select fruit not quite ripe, but perfectly sound; fill a pie-dish with them; beat up a quarter of a pound of powdered sugar, in as much spring water as will dissolve it; pour this over the fruit, cover with puff paste, and bake in a moderate oven. Lay on a coating of yolk of egg with a brush over your crust; put the tart back in the oven for a few minutes, and sprinkle powdered sugar over the top before serving.



## CASTLE PUDDINGS.

Mix an ounce and a half of finely sifted flour with the same weight of powdered sugar. Dissolve in a basin, before the fire, an ounce and a half of fresh butter, beat this up till it becomes creamy; whisk a couple of eggs, and mix them slowly with the butter, stir in the sugar, and, afterwards, the flour; add a spoonful of grated nutmeg, and half a lemon peel grated. Put the ingredients into custard cups, and bake in a moderately heated oven for twenty minutes.

## ICE A-LA-NARISKIN.

This preparation originated in Russia, and was, by foreign cooks, denominated "Nesselrode Pudding." Our reader will perceive that it has just as much right to be called pudding as pump-handle. Its inisnomer, however, in nowise interfering with its excellence, we proceed to state how it is made.

Take the husks and skins off three dozen sweet chestnuts, put them into a saucepan with enough water to cover them, and four or five lumps of sugar; when the chestnuts are quite soft, put them into a large mortar and pound till you have reduced them to a paste, mix this by slow degrees with a pint of cream, and be sure to have both the ingredients so perfectly amalgamated as to be quite smooth. Whilst the chestnuts are boiling, put three or four bunches of raisins of the sun into hot water, and let them swell, then take away the pips and divide each raisin in four; cut up into pieces, about the size of dice, green apricot and quince marmalade: half a dozen of each will be sufficient; shred up a table-spoonful of candied citron peel: when all these are ready, pass the cream through a coarse hair sieve, and stir into it a wine-glassful of Maraschino; mix well the fruit, marmalade, &c., and put all into a mould which divides in half. Ice it well, and keep the shape in the ice-pail till the moment it is required for table, then carefully open the mould and serve it upon an appropriate dish, garnished with macaroons or ratifia cakes.

## SOUFFLE DE FECULA DE POMME-DE-TERRE.

Put into a saucepan a spoonful of the flour of potatoes with a little water, two spoonfuls and a half of sugar, and a little salt; work and dry them as *pâté royale*, only a little thinner; let it work, and add six yolks of eggs, and two whites, some drops of orange-flower water, rose, or any

other perfume; mix all well together; whip the whites till they are firm, and mix them in carefully; dress the omelette as a pyramid upon the dish it is to be served on, and put it in the oven; when it begins to brown, glaze it with sugar. This omelette may be made *à la vanille, au chocolat, or à la rose*; the last in adding a tint of cochineal.

### RIZ SOUFFLE.

Prepare an ounce or two of rice; let it break in milk with a little fresh lemon peel; salt the size of a nut of butter; wet it by little and little, that it may be kept firm; add two spoonfuls of sugar: when the rice is broken and reduced, put in the yolks one after another; put them a little upon the fire, but not to do too much: whip the whites; put them in gradually; dress the *soufflé* upon a dish, and follow the directions given for *soufflé de fécula*.

### PANCAKES, FRENCH FASHION.

Put into a stewpan or basin two ounces of fine flour, three ounces of sugar, a few macaroons of bitter almonds, a tea-spoonful of orange-flower water, a little salt, a pint of cream, a glass of milk, and the yolks of five very fresh eggs. Mix the whole well; then clarify two ounces of butter, and, with a hoop of clean paper, put some into the pancake pan; put a very little of the mixture into the pan at a time; let it be well done on one side only, and turn the first one on the bottom of a silver plate; and the same alternately with the others: arrange them in an agreeable form, and when you are about finishing, glaze the last with fine sugar, and salamander it; put the plate on a dish, and send up very hot.

### NOTTINGHAM PUDDING.

Peel six good apples; take out the core with the point of a small knife, or an apple corer if you have one—but be sure to leave the apples whole; fill up where you took the core from with sugar; place them in a pie-dish, and pour over them a nice light batter, prepared as for batter pudding, and bake an hour in a moderate oven.

### BREAD PUDDING.

Make a pint of bread-crums; put them in a stewpan with as much milk as will cover them, the peel of a lemon, and a little nutmeg grated, a small piece of cinnamon; boil about ten minutes; sweeten with powdered loaf sugar; take out the cinnamon, and put in four eggs; beat all

well together, and bake half an hour, or boil rather more than an hour.

#### PLAIN BREAD PUDDING.

Make five ounces of bread-crumbs; put them in a basin; pour three quarters of a pint of boiling milk over them; put a plate over the top to keep in the steam; let it stand twenty minutes, then beat it up quite smooth with two ounces of sugar and a salt-spoonful of nutmeg. Break four eggs on a plate, leaving out one white; beat them well, and add them to the pudding. Stir it all well together, and put it in a mould that has been well buttered and floured: tie a cloth over it, and boil it one hour.

#### MRS. RUNDELL'S BREAD AND BUTTER PUDDING.

You must have a dish that will hold a quart: wash and pick two ounces of currants; strew a few at the bottom of the dish; cut about four layers of very thin bread and butter, and between each layer of bread and butter strew some currants; then break four eggs in a basin, leaving out one white; beat them well, and add four ounces of sugar and a drachm of nutmeg; stir it well together with a pint of new milk; pour it over about ten minutes before you put it in the oven: it will take three quarters of an hour to bake.

#### MRS. RUNDELL'S BATTER PUDDING.

Take six ounces of fine flour, a little salt, and three eggs; beat up well with a little milk, added by degrees till the batter is quite smooth; make it the thickness of cream; put into a buttered pie-dish, and bake three quarters of an hour, or into a buttered and flowered basin, tied over tight with a cloth; boil one hour and a half, or two hours.

#### QUAKING PUDDING.

Boil a quart of cream, sweeten it with sugar to your taste, and let it grow cool, then stir in two table-spoonfuls of fine flour, and add four eggs well whisked. Butter a mould, and pour in the ingredients; place a piece of writing paper over the bottom, tie up in a cloth, and hang the mould, top downwards, in a saucepan of boiling water, for an hour. Be very careful in taking the pudding out of the mould, tap the sides of it smartly, if you think it adheres, as its appearance is spoilt if sent to table broken. Grate nutmeg over the top. Serve it with melted butter,

to which two glasses of Madeira, and a dessert-spoonful of powdered sugar has been added.

#### A CHARLOTTE OF APPLES.

Cut as many very thin slices of white bread as will cover the bottom and line the sides of a baking-dish, but first rub it thick with butter; put apples, in thin slices, into the dish, in layers, till full, strewing sugar between and bits of butter; in the mean time, soak as many thin slices of bread as will cover the whole in warm milk, over which lay a plate and a weight, to keep the bread close on the apples; bake slowly three hours. To a middling-sized dish use half a pound of butter, in the whole.

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### JELLIES, CUSTARDS, &c.

#### RUBY JELLY.

Boil slowly, in two quarts of water, half a pound of hartshorn shavings, with the rind of three oranges, and three lemons finely grated; when reduced to a quart strain through a sieve, and as soon as it is cool sweeten with powdered sugar to your taste; add a gill of Madeira, and half a dozen cochineal in powder. Whisk up in these materials the whites of six eggs; set it again on the fire, do not stir it, but when it is on the point of boiling, run it through a jelly bag into the mould you intend using.

*Observation.*—A shape of this, surrounded by brilliant amber-coloured calf's foot jelly, makes an elegant and tempting-looking dish.

#### APPLE JELLY.

Take a couple of dozen of ripe and sweet apples; pare, core, and cut them into slices, letting each slice fall into fresh water, which will prevent the fruit from turning brown. When you have prepared your quantity, put them into a saucepan, covered with *cold* water, boil till the fruit is quite soft, then force the juice through a tammy, and afterwards pass it through a jelly bag; take the same quantity of clarified sugar as you have of liquor, boil both together, stirring well; when you find the syrup adheres to the spoon in fine threads, you may conclude that it is perfected. Fill jelly pots, whilst your preparation is hot; let it stand to grow cold, cover each pot with brandied paper, and tie down with bladder securely.

## CALF'S FOOT JELLY.

In three quarts of water let one neat's foot simmer a whole day ; skim the liquor when cold, and put it into a stewpan with a pint of sherry, one glass of brandy, the whites and shells of eight eggs, the peel of two lemons, the juice of six, and of two oranges, one pound of sugar, and one ounce of isinglass ; boil for twenty minutes ; then strain through a jelly bag, stirring the ingredients during the process.

## ORANGE JELLY.

Dissolve three ounces of powdered white sugar in a pint of spring water ; add the rind of an orange peeled very thin, a pinch of saffron, a stick of cinnamon broken up, and an ounce and a half of isinglass ; boil all these together ; when you see the isinglass is quite dissolved, pour in a pint of juice made from three Seville, and the rest from sweet, oranges ; stir the materials well together, and strain through a fine sieve into a bowl ; as the jelly congeals, fill your mould, and set it in a cold place to grow firm. Before turning it out for use, be sure to dip the shape into warm water.

## GRAPE JELLY.

Mix together equal quantities of the juice of *ripe* grapes and dissolved isinglass ; should it require sweetening, which is rarely the case, add powdered sugar to your taste ; pour in two glasses of Madeira, strain, and put it into moulds.

## CURRANT JELLY.

Pick the fruit carefully from the stalks into a jar ; when this is filled, cover it down closely, and put it into a saucepan more than half full of cold water ; set this on a slow fire, and let it simmer for forty minutes ; pour the contents of the jar into a jelly bag, and let the juice run into a bowl, but avoid pressing the bag. A pound and a half of finely powdered lump sugar must be added to each pint of juice ; as soon as the sugar is dissolved, set the syrup on the fire in a stewpan, and keep it well stirred and skimmed ; continue skimming till the scum has ceased to rise ; you have now only to fill your jars with the warm jelly, and, when quite cold, fasten brandied paper securely over the tops of the jars.

## PLAIN BOILED CUSTARD.

Beat up the yolks of eight and the whites of four eggs ; add these to a quarter of a pint of thick cream.



Boil, in a pint of new milk, the peel of a lemon, and pour the milk quite hot into the cream, taking care to stir it well to prevent curdling; add powdered sugar to your taste, and set all again upon a slow fire, stirring constantly till you find it getting thick; then add a wine-glass of brandy by table-spoonfuls; let the custard be kept in a cold place till required; fill cups or glasses, and grate nutmeg over the tops.

#### ALMOND CUSTARDS.

Beat up in a mortar a quarter of a pound of sweet almonds, previously blanched; when these are rendered very fine, stir in two tea-spoonfuls of rose water, the yolks of four eggs well whisked, and a pint of cream; then sweeten with powdered sugar to your taste; put this over a slow fire, and keep it constantly stirred till it has reached its proper thickness; it will then be fit to be put into cups.

#### SPANISH CUSTARDS.

Peel a couple of Seville oranges thin, so as to avoid the white spongy portion that surrounds the fruit; boil the rind till it is quite tender; beat it up in a mortar into a pulp; then squeeze the juice of the oranges upon it through a sieve, to avoid the pips; add a glass of cognac brandy, half a pound of loaf sugar in powder, and the yolks of eight eggs; beat these well together till completely mixed; then by degrees pour it into a quart of cream, made boiling hot; stir well till all the ingredients are nearly cold; then pour the mixture into appropriate cups, and set them in a vessel with cold water reaching within half an inch of their tops; the custards by this means will speedily become set.

#### BLANC MANGE.

Boil an ounce of picked isinglass, till it is quite dissolved, in a pint and a half of milk; add the peel of half a lemon cut fine, half a stick of cinnamon broken up, a blade of mace, two ounces and a half of finely-powdered white sugar; blanch and pound in a mortar ten bitter and half an ounce of sweet almonds, beat together in a spoonful of rose water; mix all these with the milk whilst quite hot, and let it simmer very gently for five minutes; strain through a fine sieve; let it stand for half an hour, and then pour into a mould.

#### ITALIAN CREAM.

Put into a pint and a half of boiling milk a tea-spoonful of coriander seeds, a quarter of a stick of cinnamon

broken small, the peel of a lemon cut very thin, three ounces of finely powdered sugar, and three or four grains of salt; let all these boil till the milk is reduced one half; meantime beat up the yolks of half a dozen eggs, and thicken these with a little fine flour; add this to the milk by degrees, stirring well all the while; strain through a fine sieve into the dish you intend to send to table, and place it in a hot bath on the hob till the cream is set; grate a little nutmeg over the top, and brown the surface with a salamander.

#### WHIPT CREAM.

Sweeten a quart of good cream to your taste with powdered sugar; then add a small coffee-cupful of orange-flower water; whisk it well; as the cream rises to a froth, take it away by table-spoonfuls, and put it into a sieve, placed over a deep dish, so as to drain the froth till you have used it all; shake the froth from the sieve into the centre of the dish on which you intend to serve, or divide it into glasses; in both cases strew over a quantity of mixed coloured small comfits, and garnish with macaroons.

#### VANILLA CREAM

Is made as above, with the addition of two table-spoonfuls of powdered vanilla, sifted through a fine muslin sieve over the cream, and beat up with it.

#### CREME IMPERIALE.

Cut the rind of a lemon very thin, and put it into a quart of cream, which boil; then stir it well until quite cold, sweeten it with powdered sugar to your taste. Strain the juice of four lemons through a sieve into a china or glass bowl, pour the cream slowly upon the juice, holding the vessel which contains it two or three feet above the bowl, stir all well together, and let it stand all the morning of the day on which you intend to use it.

#### SNOW CREAM.

Boil half a dozen dumpling apples, and take out the pulp carefully; when this has become quite cold, whisk up a dozen whites of eggs to a froth, sweeten the fruit with powdered sugar, and mix it rapidly with the eggs. Heap it on a proper dish, and garnish with dark green leaves, or flowers, to render the contrast of colour and the immaculate whiteness more apparent.

## SICK COOKERY.

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### BEEF TEA.

Chop up half a pound of gravy beef quite free from fat, and put it into a pint and a half of water, *cold*; let it simmer over a slow fire for half an hour, skim it constantly, season it with salt to your taste, put in four cloves, and keep it over the fire for another half hour; strain through a muslin sieve, and serve with toasted bread.

### MUTTON BROTH.

Take a bone or two of a neck or loin of mutton, take off the fat and skin, set it on the fire in a small tin saucepan that has a cover, with three quarters of a pint of water, the meat being first beaten and cut in thin bits; put a bit of thyme and parsley, and, if approved, a slice of onion. Let it boil very quick, skim it nicely; take off the cover, if likely to be too weak, else cover it. Half an hour is sufficient for the whole process.

### ANOTHER.

Boil two pounds of loin of mutton, with a very large handful of chervil, in two quarts of water to one. Take off part of the fat. Any other herb or roots may be added.

### VEAL BROTH.

Put the knuckle of a leg or shoulder of veal, with a very little meat to it, an old fowl, and four shank-bones of mutton extremely well soaked and bruised, three blades of mace, ten pepper-corns, an onion, and a large bit of bread, and three quarts of water, into a stewpot that covers close, and simmer in the slowest manner after it has boiled up and been skimmed; or bake it; strain, and take off the fat. Salt as wanted. It will require four hours.

### BROTH OF BEEF, MUTTON, AND VEAL.

Put two pounds of lean beef, one pound of serag of veal, one pound of serag of mutton, sweet herbs, and ten pepper-corns. into a nice tin saucepan, with five quarts of

water ; simmer to three quarts ; and clear from the fat when cold. Add one onion if approved.

Soup and broth made of different meats are more supporting, as well as better flavoured.

To remove the fat, take it off when cold, as clean as possible ; and if there be still any remaining, lay a bit of clean blotting or cap-paper on the broth when in the basin, and it will take up every particle.

#### CALVES' FEET BROTH.

Boil two feet in three quarts of water to half ; strain and set it by ; when to be used, take off the fat, put a large tea-cupful of the jelly into a saucepan, with half a glass of sweet wine, a little sugar and nutmeg, and heat it up till it be ready to boil ; then take a little of it, and beat by degrees to the yolk of an egg, and adding a bit of butter, the size of a nutmeg, stir it all together, but do not let it boil. Grate a bit of fresh lemon-peel into it.

#### CHICKEN PANADA.

Boil it till about three parts ready in a quart of water, take off the skin, cut the white meat off when cold, and put into a marble mortar ; pound it to a paste with a little of the water it was boiled in, season with a little salt, a grate of nutmeg, and the least bit of lemon-peel. Boil gently for a few minutes to the consisteney you like ; it should be such as you can drink, though tolerably thick.

This conveys great nourishment in small compass.

#### ARROW-ROOT JELLY.

Of this beware of having the wrong sort, for it has been counterfeited with bad effect. If genuine, it is very nourishing, especially for weak bowels. Put into a saucepan half a pint of water, a glass of sherry or a spoonful of brandy, grated nutmeg, and fine sugar ; boil once up, then mix it by degrees into a dessert-spoonful of arrow-root, previously rubbed smooth, with two spoonfuls of cold water ; then return the whole into the saucepan ; stir and boil it three minutes.

#### TAPIOCA JELLY.

Choose the largest sort, pour cold water on to wash it two or three times, then soak it in fresh water five or six hours, and simmer it in the same until it becomes quite clear ; then put lemon-juice, wine, and sugar. The peel should have been boiled in it. It thickens very much.

## MILK PORRIDGE.

Stir some oatmeal and water together; let it stand to be clear, and pour off the latter; pour fresh upon it, stir it well, let it stand till next day; strain through a fine sieve, and boil the water, adding milk while doing. The proportion of water must be small.

## SAGO.

To prevent the earthy taste, soak it in cold water an hour; pour that off, and wash it well; then add more, and simmer gently till the berries are clear, with lemon-peel and spice, if approved. Add wine and sugar, and boil all up together; or orange marmalade.

## WATER GRUEL.

Put a large spoonful of oatmeal by degrees into a pint of water, and when smooth boil it.

## ANOTHER WAY.

Rub smooth a large spoonful of oatmeal, with two of water, and pour it into a pint of water, boiling on the fire; stir it well, and boil it quick; but take care it does not boil over. In a quarter of an hour strain it off; and add salt and a bit of butter when eaten. Stir until the butter be incorporated.

## BARLEY WATER.

Wash a handful of Scotch barley, then simmer it gently in three pints of water with a bit of lemon-peel.

This is less apt to nanseate than pearl-barley; but the other is a very pleasant drink.

## WHITE WINE WHEY.

Put half a pint of new milk on the fire; the moment it boils up, pour in as much sound raisin wine as will completely turn it and it looks clear; let it boil up, then set the saucepan aside till the curd subsides, and do not stir it. Pour the whey off, and add to it half a pint of boiling water and a bit of white sugar. Thus you will have a whey perfectly cleared of milky particles, and as weak as you choose to make it.



# INDEX.



	PAGE		PAGE
ANCHOVIES . . . . .	111	Cream Snow . . . . .	173
Anchovy Sauce . . . . .	108	„ Vanilla . . . . .	173
Apple Sauce . . . . .	105	„ Whipt . . . . .	173
Benton Sauce . . . . .	105	Cucumber Vinegar . . . . .	109
Bechamel . . . . .	100	Cullis . . . . .	99
BEEF—To choose . . . . .	64	Curries . . . . .	53
„ keep . . . . .	69	„ of Cod . . . . .	53
„ salt . . . . .	69	„ of Cow-heel . . . . .	53
Beef, a la Mode . . . . .	70	„ Fowl or Rabbit . . . . .	54
„ to stew a Rump . . . . .	71	Custards, plain boiled . . . . .	171
„ „ a Brisket . . . . .	72	„ Almond . . . . .	172
„ to press . . . . .	72	„ Spanish . . . . .	172
„ Hunter's . . . . .	73	Ducks, to roast . . . . .	60
„ to collar . . . . .	73	„ to boll . . . . .	60
Beef Steaks, to broil . . . . .	73	„ to stew . . . . .	60
„ to mince . . . . .	74	Dumplings, Apple . . . . .	163
„ to hash . . . . .	74	„ Rice . . . . .	163
„ a la Vinaigrette . . . . .	74	„ Suet . . . . .	164
Beef, the round of . . . . .	74	„ Ycast . . . . .	164
„ rolled as hare . . . . .	75	Dutch Sauce . . . . .	104
„ Tongue . . . . .	75	Egg Sauce . . . . .	104
„ to pickle . . . . .	75	EGGS. See "Omelettes" . . . . .	135
„ to stew . . . . .	76	„ Fried . . . . .	137
„ to bake . . . . .	76	ENTREES . . . . .	34
„ Heart . . . . .	76	„ Blanquette de Veau . . . . .	37
Black Pudding . . . . .	91	„ of Chicken . . . . .	47
Blanc Mange . . . . .	172	Beef Cakes . . . . .	35
Bread Sauce . . . . .	104	Beef Olives . . . . .	34
Browning to colour . . . . .	113	„ Steak, stewed . . . . .	34
Bubble and Squeak . . . . .	78	Calf's Brains . . . . .	38
Calves' Head, boiled . . . . .	83	Casserole of Mutton . . . . .	39
„ hashed . . . . .	84	Chicken Croquettes . . . . .	47
„ a la Careme . . . . .	84	„ a la Tartare . . . . .	48
„ Fricassee . . . . .	84	„ Marinade . . . . .	48
„ collared . . . . .	85	„ a la Neige . . . . .	44
Calves' Brains . . . . .	38	China Chilo . . . . .	41
Casselrole for Curry . . . . .	113	Craw Fish . . . . .	51
Checsecakes . . . . .	165	Cutlets of Leveret . . . . .	45
„ veritable . . . . .	137	Fricassee of Rabbits . . . . .	41
Cheese, stewed . . . . .	138	Fricandeau of Veal . . . . .	38
Chickens, to braise . . . . .	59	Golden Plover . . . . .	45
„ See "Entrees." . . . .		Grenadin de Veau . . . . .	37
Cow-beef . . . . .	77	Haggis . . . . .	42
Cream Imperial . . . . .	173	Hunter's Pie . . . . .	42
„ Italian . . . . .	172	Irish Stew . . . . .	42

	PAGE		PAGE
ENTREES—Lambs' Chops	42	FISH—Herrings, baked	30
Lobster	51	John Dory, to boil	19
Maintenon Cutlets	40	Lamprey, to stew	29
Minced Fowl	46	Lobsters, for Entree	51
Mutton Cutlets	41	" hot	51
" Soubisc	41	" to pot	31
" marinated	43	" stewed	31
" Haricot of	39	" to roast	32
Neilgherry Pilau	40	" Curry	32
Oyster Patties	52	Mackerel, boiled	25
Olive Royals	36	" baked	26
Ox Cheek Ragout	35	" pickled	26
Partridge a la Perigeux	50	Maids	23
" aux Choux	50	Mullet	26
Pheasant, Salmi of	50	Oysters, to feed	23
Pieds de Cochons	43	" to stew	33
Pigeons, ragout	49	" to scallop	33
" a la Royale	49	" fried	33
" in a hurry	49	Perch	24
" Fricassee	49	Pipers	26
Pork a la Mirepoix	43	Pike, to bake	26
Poulet a la Malmaison	45	Place, fried	23
Poulet a la Stamboul	46	" boiled	23
Pulled Turkey	47	Prawns, curry	32
Rabbits, as at Venice	44	" in jelly	32
Rabbits, Fricassee	44	" to butter	32
Sweetbreads a la Dauphin	37	Salmon, to boil	19
" with Peas	38	" to pot	20
Veal" Collops	36	" to broil	19
" Cutlets	41	" dried	20
" Olives	36	" to pickle	20
" Ragout	39	" collared	20
" stewed with rice	38	" Cutlets	52
Venison, hashed	44	Salt Fish	33
FISH—To choose	15	" Egg Sauce for	113
On dressing	17	Shrimps, to butter	32
Alice, broiled	23	" to pot	32
Carp, boiled	24	Skate	23
" stewed	24	Smelts, to fry	28
" baked	24	Soles, to boil	27
Crabs, hot	32	" to fry	27
" cold	33	" Croquettes of	52
Crawfish	52	" a la Italienne	52
Cod, to boil	21	Sprats, baked	30
" Head and Shoulders	21	Sturgeon, broiled	22
" Sounds, boiled	21	" to roast	22
" Curry	22	Tench	24
" salted	22	Thornback	23
" "twice laid"	22	Trout, to fry	24
Eels, spitchock	28	" a la Genevoise	25
" fried	28	" baked	25
" Broth	28	Turbot, to boil	19
" boiled	29	Fricassee of Chicken	46
" collared	29	Fondeau	138
Flounders	29	Forcemeat	111
" Water Souchy	29	" Balls	111
Grayling, to fry	24	FORCEMEATS	157
Gravy	101	" Kitchener's	112
Haddock, to dry	27	Fowls, to boil	57
" stuffing	27	" with Rice	58
" savoury	23	" to roast	58
Herrings, boiled	30	" to broil	58
" to smoke	30	" Davenport	58
" Red, to dress	30	" for a small dish	59
		" braised	59

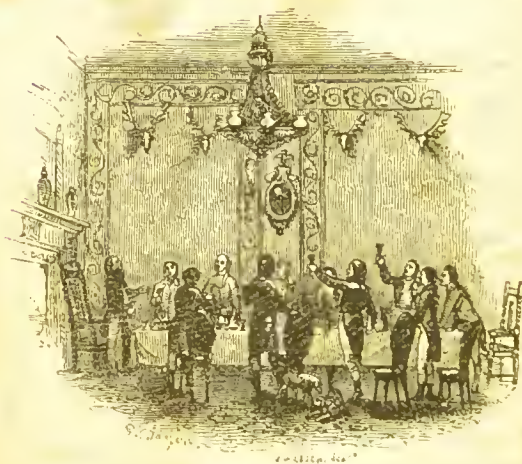
	PAGE		PAGE
Fowls. See "Entrees."		Lamb, to roast . . .	97
Geese, to roast . . .	60	" forced . . .	97
" giblets to stew . . .	61	" Chops . . .	97
GAME—To keep . . .	125	" and Spinach . . .	97
Black Cock . . .	128	Lamb's Head . . .	98
Fawn . . .	131	" Fry . . .	98
Grouse . . .	127	" Sweetbreads . . .	98
Hare . . .	128	" stuffed . . .	98
" to hash . . .	129	" a la Perigord . . .	98
" to jug . . .	130	Larks, &c. . .	63
" to broil . . .	130	Lobster Sauce . . .	108
" to pot . . .	130	" hot . . .	51
Guinea Fowl . . .	128	" Salad . . .	153
Larks . . .	131	Macaroni . . .	138
Moor . . .	126	Marrowbones . . .	77
Ortolans . . .	128	Meat . . .	64
Partridges . . .	125	Melted Butter . . .	108
" a la Perigoux . . .	50	Mincemcat . . .	165
" aux Choux . . .	50	Mushrooms . . .	110
Pheasants . . .	125	" Ragout . . .	54
" salmi of . . .	50	" to dry . . .	110
Plovers . . .	128	Mustard, to prepare . . .	110
" as Entree . . .	45	MUTTON—To choose . . .	64
Quails . . .	127	" Breast of . . .	95
Rabbits . . .	131	" braised . . .	95
" to pot . . .	126	" Chops and Cucumbers . . .	96
" Fricassee . . .	41	" Collops . . .	96
Ruffs and Reeves . . .	128	" Cutlets . . .	96
Snipes . . .	127	" Corned Shoulder of . . .	95
Teal . . .	127	" hashed . . .	95
Wheatears . . .	131	" Haunch of . . .	94
Wild Ducks . . .	127	" Saddle of . . .	94
Widgeons . . .	127	" to roast . . .	93
Woodcocks . . .	127	" to boil . . .	93
GRAVIES and SAUCES . . .	99	" Remarks on . . .	93
Gravy, to draw . . .	99	" rolled . . .	95
" clear . . .	99	" Shoulder of . . .	94
" brown . . .	99	Nasturtiums, pickled . . .	110
" without meat . . .	100	OMelettes, all kinds . . .	135
" a rich . . .	100	" Souffle . . .	164
" for Poultry . . .	100	" Sweet . . .	165
" Veal . . .	101	Onion Sauce . . .	104
" for fish . . .	101	Oxford Sausages . . .	87
" " Fowls . . .	102	Ox Cheek, plain . . .	76
Haggis . . .	42	" au bouilli . . .	77
Ham, to dress . . .	92	Ox Feet . . .	77
" as at Bath . . .	92	Oyster Sauce . . .	107
Hogs' Pudding, black . . .	91	Pancakes . . .	161
" white . . .	92	" a la Francaise . . .	168
Ice a la Nariskin . . .	167	" rose . . .	161
JELLIES, CUSTARDS, &c. . .	170	Pepper and Spices . . .	110
Jelly, Apple . . .	170	Pies, savoury . . .	114
" Calf's Foot . . .	171	" sweet . . .	153
" Currant . . .	171	Pigeons . . .	61
" Ruby . . .	170	" to stew . . .	62
" Grape . . .	171	" to broil . . .	62
" Orange . . .	171	" to roast . . .	62
" for Cold Fish . . .	102	" to pickle . . .	62
LAMB—To choose . . .	65	" in Jelly . . .	63
" to boil . . .	97	Pigs, Sucking . . .	67
		" Pettitoes . . .	88

	PAGE		PAGE
Pig's Cheek boiled . . . . .	89	SAVOURY PIES, &c.	
" " dried . . . . .	89	Pork Pie . . . . .	119
" Ears farcé . . . . .	89	Potato Pie . . . . .	123
" " and Feet . . . . .	90	Raised Crust . . . . .	123
" " " Fricassee . . . . .	90	Sole Pie . . . . .	115
" " " Jelly . . . . .	90	Squab Pie . . . . .	120
" Harslet . . . . .	90	Veal Pies . . . . .	118
Pork—To choose . . . . .	65	Vegetable Pie . . . . .	123
" Remarks on . . . . .	85	Venison Pasty . . . . .	117
" to roast a Leg of . . . . .	85	Vol au Vent . . . . .	120
" to boil a leg of . . . . .	86	Savoury Jelly for cold Pies . . . . .	101
" Loin or Neck of . . . . .	86	Sharp Sauce . . . . .	113
" rolled Neck of . . . . .	86	SAUCES, &c. . . . .	99
" Spring of . . . . .	86	a la Maitre d'Hotel . . . . .	103
" Spare-rib . . . . .	86	Anchovy . . . . .	108
" Griskin . . . . .	86	Cream for Fish . . . . .	105
" dressed as Lamb . . . . .	87	Currant . . . . .	101
" Chops . . . . .	87	Egg . . . . .	104
" Head roasted . . . . .	88	for Wild Fowl . . . . .	102
" " collared . . . . .	89	for Ducks . . . . .	102
" " as Brawn . . . . .	88	for Carp . . . . .	103
" mock Brawn . . . . .	91	for boiled Turkey . . . . .	103
Potted Veal and Ham . . . . .	82	for Poultry . . . . .	103
POULTRY and GAME. . . . .	55	for boiled Fowls . . . . .	103
Puddings, savoury . . . . .	114	for Geese . . . . .	104
" sweet . . . . .	153	for Beef . . . . .	105
Raspberry Tourte . . . . .	166	for Mutton . . . . .	106
Ragout of Mushrooms . . . . .	54	from Ham . . . . .	106
Ramequins . . . . .	137	for Fish, various . . . . .	106
SALADS, in Verse . . . . .	132	Lemon . . . . .	106
Vinegar for . . . . .	132	Lobster . . . . .	108
Mixture . . . . .	132	Mock Caper . . . . .	107
Bologna . . . . .	133	Mushroom . . . . .	103
Lobster . . . . .	133	Onion . . . . .	104
Cabbage and Celery . . . . .	134	Oyster . . . . .	107
French . . . . .	134	Parsley . . . . .	104
Italian . . . . .	134	Pudding . . . . .	157
Spanish . . . . .	134	Robert . . . . .	105
Vegetable . . . . .	134	Shallot . . . . .	104
Salmagundi . . . . .	138	Shrimp . . . . .	108
SAVOURY PIES AND PUDDINGS. . . . .	114	Sharp . . . . .	113
Beef-Steak Pie . . . . .	117	White . . . . .	102
" Pudding . . . . .	35, 124	Wine for Fish . . . . .	105
Calf's Head Pie . . . . .	118	SICK COOKERY. . . . .	
Chicken Pie . . . . .	120	Arrow-root Jelly . . . . .	175
Clement's Meat Pudding. . . . .	54	Barley Water . . . . .	176
Cod Pie . . . . .	114	Beef Tea . . . . .	174
Duck Pie . . . . .	121	Broth . . . . .	174
Eel Pie . . . . .	116	Calves-feet Broth . . . . .	175
Fish Pie . . . . .	115	Chicken Panada . . . . .	175
French Pie . . . . .	123	Gruel . . . . .	176
Giblet Pie . . . . .	122	Milk Porridge . . . . .	176
Goose Pie . . . . .	121	Mutton Broth . . . . .	174
Hunter's Pie . . . . .	43	Sago . . . . .	176
Lark Pie . . . . .	122	Tapioca Jelly . . . . .	175
Lamb Pie . . . . .	120	Veal Broth . . . . .	174
Lobster Pie . . . . .	115	White Wine Whey . . . . .	176
Maigre Pie . . . . .	116	Soups. . . . .	
Mutton Pie . . . . .	119	a clear Brown Stock . . . . .	1
" Pudding . . . . .	124	a l'Aurore . . . . .	1
Partridge Pie . . . . .	122	a la Merrilies . . . . .	2
Pigeon Pie . . . . .	122	Almond . . . . .	2
Pilchard Pie . . . . .	117	Asparagus . . . . .	2
		Au Bouilli . . . . .	2
		Carrot . . . . .	3

	PAGE		PAGE
<b>SOUPS—Chicken Broth</b>	3	<b>SWEET PUDDINGS, &amp;c.</b>	
Clermont . . . . .	4	Lemon . . . . .	155
Cocky-Leeky . . . . .	4	Light German . . . . .	156
Condé . . . . .	4	Marrow . . . . .	160
Game . . . . .	4	Nelson . . . . .	158
Giblet . . . . .	5	New College . . . . .	157
Gravy . . . . .	5	Nottingham . . . . .	168
Green Pea . . . . .	5	Orange (Hill's) . . . . .	154, 163
Hare . . . . .	6	Oatmeal . . . . .	156
Hessian . . . . .	6	Plum . . . . .	163
Julienne . . . . .	7	Quaking . . . . .	169
Lobster . . . . .	7	Rice . . . . .	158
Lorraine . . . . .	7	Rich Bread . . . . .	158, 157
Macaroni . . . . .	7	Rosc Pancakes . . . . .	161
Mock Turtle . . . . .	8	Sago . . . . .	154
„ Eggs for . . . . .	113	Small Bread . . . . .	156
Mrs. Rundell's . . . . .	8	Sauce . . . . .	157
Mrs. Lister's . . . . .	9	Transparent . . . . .	158
Mullagatawny . . . . .	9		
Mutton Broth . . . . .	10	Tripe . . . . .	77
Onion . . . . .	10	Tomato Sauce . . . . .	105
Ox Cheek . . . . .	10	Turkey, to boil . . . . .	57
Ox Tail . . . . .	11	„ roast . . . . .	57
Oyster . . . . .	11	„ Giblets . . . . .	61
Pea . . . . .	11	„ pulled . . . . .	47
The Queen's Favourite . . . . .	11	Turtle, to prepare . . . . .	12
Turtle . . . . .	12	„ Eggs for . . . . .	113
Veal Broth . . . . .	13		
Vegetable . . . . .	14	<b>VEAL—To choose</b> . . . . .	61
Vermicelli . . . . .	14	„ to keep . . . . .	78
White . . . . .	14	„ Fillet roasted . . . . .	78
Sprats as Anchovies . . . . .	111	„ Knuckle . . . . .	78
Soufflé de féculé . . . . .	167	„ Shoulder roasted . . . . .	79
„ Riz . . . . .	168	„ Neck . . . . .	79
Stuffings . . . . .	151	„ „ braised . . . . .	79
Sweetbreads . . . . .	37	„ Breast roasted . . . . .	79
<b>SWEET PUDDINGS AND TARTS.</b>	153	„ „ rolled . . . . .	80
Almond . . . . .	154	„ a la Daube . . . . .	80
Amber . . . . .	155	„ Rolls . . . . .	80
Apple . . . . .	155	„ haricot . . . . .	81
Apple Fritters . . . . .	162	„ Dunelm . . . . .	81
Apricot . . . . .	161	„ minced . . . . .	81
Batter . . . . .	162	„ potted . . . . .	81
„ Mrs. Rundell's . . . . .	169	„ Cutlets . . . . .	82
Boiled Bread . . . . .	157	„ Collaps . . . . .	82
Bread . . . . .	168	„ „ Scottice . . . . .	83
Bread and Butter . . . . .	154	„ scalloped . . . . .	82
„ Mrs. Rundell's . . . . .	166	„ Cake . . . . .	83
Brown Bread . . . . .	158	„ Sausages . . . . .	83
Cabinet . . . . .	160	„ See "Entrees."	
Castle . . . . .	167	<b>VEGETABLES—To boil</b> . . . . .	139
Charlotte . . . . .	170	Artichokes . . . . .	141
Cheap and Light . . . . .	164	Asparagus . . . . .	139
Codling . . . . .	161	Beans, French . . . . .	145
College . . . . .	160	„ Runners . . . . .	145
Cumberland . . . . .	158	„ Windsor . . . . .	145
Custard . . . . .	162	Beetroot . . . . .	143, 149
Dutch . . . . .	156	Brocoli . . . . .	143
„ Rice . . . . .	156	Brussels Sprouts . . . . .	143
Eve's . . . . .	162	Cabbage . . . . .	145
Frangipane . . . . .	163	Cabbage, red . . . . .	145
George . . . . .	159	Cauliflower . . . . .	143
German . . . . .	161	Celery . . . . .	142
Hill's Almond . . . . .	160	Chardoons . . . . .	148
in haste . . . . .	157	Cucumbers . . . . .	142



	PAGE		PAGE
VEGETABLES—Carrots . . .	148	VEGETABLES—Turnips . . .	148
Dried Beans . . .	141	To preserve . . .	150
Green Peas . . .	140	Vegetable Marrow . . .	139
Herbs fried . . .	149	Venison, to hash . . .	44
Jerusalem Artichokes . . .	141	„ Pasty . . .	117
Peas, old . . .	141	„ to keep . . .	68
Laver . . .	149	„ to roast . . .	68
Lentils . . .	141	„ to hash . . .	69
Onions . . .	142	„ to stew . . .	68
Potatoes . . .	146	Vinaigrette for Cold Meat . . .	108
Parsnips . . .	148	Vinegar Camp . . .	108
Pease Pudding . . .	149	„ Gooseberry . . .	109
Sea Kale . . .	139	„ Sauces . . .	108
Spinach . . .	143	„ Shallot . . .	108
Mushrooms . . .	146	„ Wine . . .	109
Sorrel . . .	146		



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